



VENTURING ADVISORS OUTDOOR REFERENCE GUIDE



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OUTDOOR REFERENCE GUIDE

INTRODUCTION

This Materials Reference guide is intended to help the Venturing Crew Advisor provide program associated with his/her Venturer's work towards the Ranger award.

It is also a general reference on outdoor activity resources for any crew whose specialty lies in cluster other than the Outdoor cluster.

In general, if a world-wide-web site is available for the resource, a telephone number or address is not included for that reference. This information may be found on the reference's, world-wide-web, site.

Local distributors are not listed here, unless there is some information on their site that is not found elsewhere. Preference has been given to listing manufacturers of equipment, national associations, publications, events, etc.

Obviously there are many resources, which cover activities, skills and equipment associated with outdoor activities or the Ranger Award requirements. If your favorite information is not included please share that information with us for future editions of this reference material.

You can email information to be included or corrections to john.wolfgang@gsfc.nasa.gov. Latest version of this publication is available, on the world-wide-web, at <http://post1275.gsfc.nasa.gov/>. The world-wide-web links will be re-verified periodically to update the guide. Every effort has been made to provide publications, which are currently in print.

This guide may be used freely by any non-profit youth serving organization. Commercial use is prohibited without written permission from the author. The author does not endorse or recommend any reference source indicated herein, your use of this information is solely your responsibility and your liability.

John Wolfgang

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BOY SCOUTS OF AMERICA SAFETY REQUIREMENTS

SAFETY AFLOAT

“All activity afloat must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of the children in his or her care, who is experienced and qualified in the particular watercraft skills and equipment involved in the activity and who is committed to compliance with the nine points of BSA Safety Afloat. One such supervisor is required for each 10 people, with a minimum of two adults for any one group. At least one supervisor must be age 21 or older, and the remaining supervisors must be age 18 or older. All supervisors must complete BSA Safety Afloat and Safe Swim Defense training and rescue training for the type of watercraft to be used in the activity, and at least one must be trained in CPR. It is strongly recommended that all units have at least one adult or older youth member currently certified as a BSA Lifeguard to assist in planning and conducting of all activity afloat.”

See – Safety Afloat, No 34368A, Safety Afloat Standards, Section 4, Aquatics, Camp Program and Property Management, No. 20-920, pages 7-8

CLIMB ON SAFELY

“All climbing and rappelling must be supervised by a mature, conscientious adult at least 21 years of age who understands the risks inherent to these activities. This person knowingly accepts responsibility for the well-being and safety of the youth in his or her care. This adult supervision is trained in and committed to compliance with the eight points of the Boy Scouts of America’s Climb On Safely procedure. One additional adult who is at least 18 years of age must accompany the unit. Units with more than 10 youths in the same climbing/rappelling session must have an additional adult leader at least 18 years of age for each 10 additional youth participants. In other words, a group of 11 to 20 youth requires at least three adult leaders; a group of 21 to 30 youths would require four adult leaders.”

“The adult supervisor is responsible for ensuring that someone in the group is currently certified in American Standard First Aid and CPR (a 6½-hour course). In addition the two hour module “First Aid-When Help is Delayed” is required. A course of equivalent length and content from another nationally recognized organization can be substituted. A higher level of certification such as emergency medical technician (EMT), licensed practical nurse (LPN), registered nurse (RN), and licensed health-care practitioner is also acceptable. The ARC’ Emergency Response, a 43½-hour that included CPR, is highly recommended.”

“A qualified rock climbing/rappelling instructor who is at least 21 years of age must supervise all BSA climbing/rappelling activities. The climbing/rappelling instructor has successfully completed a minimum of 10 hours of climbing/rappelling instructor training from a nationally or regionally recognized organization, a climbing school, a college-level climbing/rappelling course, or is a qualified BSA climbing/rappelling instructor.” (Project COPE Director or Instructor)

See – Outdoor Skills Instruction – Climbing/Rappelling manual, No.33036 and Mountaineering: The Freedom of the Hills, sixth edition, edited by Don Graydon and Kurt Hansen

YOUTH PROTECTION GUIDELINES

“Two Deep Leadership. Two registered adult leaders or one registered adult leader and a parent of a participant, both of whom must be 21 years of age or older, are required on all trips and outings. If the activity is coeducational, leaders of both sexes must be present. The chartered organization is responsible for ensuring that sufficient leadership be provided for all activities.”

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GENERAL INFORMATION

The references in this section are either government, or other organizations, which cover more than one area of outdoor education or knowledge.

Associations/Organizations

Boy Scouts of America

National High Adventure Bases

Florida Sea Base – <http://www.bsaseabase.org/>

Northern Tier High Adventure Bases - <http://www.ntier.org/>

Maine High Adventure Bases - <http://www.mainehighadventure.org/>

Philmont Scout Ranch - <http://www.philmont.com/>

Local Council High Adventure Programs - index of contact information - <http://www.indianhead.org/activity/highad/bscamps.html>

National Outdoor Leadership School – Wilderness education organization which has coursework and publications, catalog, LNT information, research activities, outdoor skill publications, <http://www.nols.edu/NOLSHome.html>

Outdoor Action – Princeton University outdoor education, trips, publications, education resources, research, <http://www.princeton.edu/~oa/index.shtml>

Leave No Trace (LNT) – LNT home page, education courses, teaching resources, publications, research, <http://www.lnt.org/>

Great Outdoor Recreation Pages (GORP) – activities in hiking, biking, fishing, etc., equipment information, recreation site information, technical information, <http://www.gorp.com/>

Great Outdoors.com – outdoor recreation information and links <http://www.greatoutdoors.com/index.html>

Outdoor Link – Outdoor reference information, Very good Outdoor Diversity Resource Guide, <http://www.outdoorlink.com/infosource/index.html>

Outdoor Recreation Coalition of America (ORCA) – technical information and resources <http://www.orca.org/>

Sierra Club – Environmental programs <http://www.sierraclub.org/>

Wilderness Initiatives for Learning at Duke (Project WILD) - experiential education group at Duke University, This site has a very good manual for operating outdoor experiential activities, <http://www.duke.edu/web/PWILD/>

Government

National Park Service, - park information, maps, publications <http://www.nps.gov/>

Bureau of Land Management – national monument information, maps, publications, <http://www.blm.gov/nhp/browse.htm>

U.S Forest Service – national forest information, research, publications, campgrounds, volunteer programs, publications <http://www.fs.fed.us/>

NOAA - weather information, nautical charts, publications <http://www.noaa.gov/>

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United States Coast Guard – boating and navigation information <http://www.uscg.mil/>

US Fish and Wildlife Service – information on conservation programs, use permits, publications
<http://www.fws.gov/>

Bureau of Reclamation – reclamation information, maps, contacts <http://www.usbr.gov/main/index.html>

Federal Emergency Management Agency – Disaster preparedness training, exercises, publications and information, <http://www.fema.gov/>

National Youth Serving Organizations and Service Organizations

Boy Scouts of America – youth development resources, council contact list, national web site
<http://bsa.scouting.org/>

Girl Scouts of the USA – youth development resources, council contact lists, national web site
<http://www.gsusa.org/>

National 4-H – youth development resources, leadership resources, national website <http://www.4-h.org/>

Camp Fire – youth development resources, national website <http://www.campfire.org/>

Key Club International – youth development resources, club links, national web page
<http://www.keyclub.org/>

Junior Civitan – youth service organization, club links, national web page <http://www.juniorcivitan.org/>

American Legion Youth Programs – Boy Scout affiliations, shooting programs, High school oratorical contest, national website <http://www.legion.org/americanism.htm>

American Indian Scouting Association – <http://embers.aol.com/aisasite/index.html>

Farm Bureau – <http://www.fb.com/>

Grange – <http://www.grange.org/>

Indian Tribal Council – <http://indiannet.indian.com/>

Keep America Beautiful, Inc. – <http://www.kab.org/>

Publications

Ranger Guidebook – Boy Scouts of America, No 3128, ISBN 0-8395-3128-1, guide to the Venturing Ranger Award requirements, resource lists and Ranger Award record book.

Scouting's Library of Literature – Boy Scouts of America, No _____, list of publications of the Boy Scouts of America.

Venturing Leaders Manual – Boy Scouts of America, No. 34655, 1998, ISBN 0-8395-4655-6, Guide to the Venturing program and how to implement it in a crew

Venturer Handbook – Boy Scouts of America, No. 33493, 1999, ISBN 0-8395-3493-0 Venturer's guide to the Venturing program, organization and leadership of the crew and the Venturing advancement system.

OUTDOOR REFERENCE GUIDE

Sea Scout Manual – Boy Scouts of America, No 33239B, 2000, ISBN 0-8395-3239-3 Sea Scout's guide to the Sea Scouting program, organization and leadership of the crew and the Sea Scout advancement program.

Fieldbook, Boy Scouts of America, 1984, ISBN 0-8395-3200-8 General outdoor skills handbook

OUTDOOR REFERENCE GUIDE

BACKPACKING/CAMPING

Manufacturers

Lightweight Gear Shop – specializes in lightweight backpacking gear, good information on various manufactures, catalog, equipment reviews, publications <http://www.backpacking.net/gearshop.html>

Mountain Hardware – manufacturers of high tech tents, sleeping bags and clothing, product catalog, dealer list <http://www.mountainhardwear.com/>

Mountain Safety Research – manufacturer of lightweight stoves, cooking gear, water filters, and climbing gear, product catalog, dealer list, technical information, <http://www.msrcorp.com/>

L.L. Bean – Manufacturer mail order distributor of outdoor equipment, con line catalog, outdoor technical tips, <http://www.llbean.com/>

Recreation Equipment Inc (REI) – Manufacturer, Coop stores, mail order, outdoor equipment and supplies, catalog, technical information, store listing, <http://www.rei.com/>

Campmore – outfitter of camping, hiking, hunting, fishing supplies – <http://www.campmor.com/>

Cascade Designs – manufacturer of high tech pads, water filters, packs, etc – <http://www.cascadedesigns.com/>

Associations

American Camping Association – promotes camping, campgrounds, links – <http://www.aca-camps.org/>

American Hiking Society – National organization dedicated to serving hikers and protecting national trails - <http://www.americanhiking.org/>

The Appalachian Trail Conference – Appalachian trail management organization, maps, guidebooks, advice, AT clubs, etc. <http://www.fred.net/kathy/at/atatc.html>

Christian Camping Association – links to church camps and related activities – <http://www.gospelcom.net/ccj>

Great Outdoor Recreation Pages (GORP) – a little bit of everything for the outdoors. Hiking, biking, fishing, paddling and more. Technical articles, know how information, gear reviews and buying information, etc. <http://www.gorp.com/>

Wilderness Camping How To <http://www.paddles.com/users/wildcamp/>

Outdoor Areas

Appalachian Trail Home Page – Information on the Main to Georgia hiking trail, books, maps, events, discussion groups, etc. - <http://www.fred.net/kathy/at.html>

National Forests – Camping/Hiking information, reservations, fees, etc - <http://www.fs.fed.us/links/forests.shtml>

National Parks – Camping/hiking information, reservations, fees, etc - <http://www.nps.gov/parks.html>

OUTDOOR REFERENCE GUIDE

Pacific Crest Trail Association - Information on the Washington to California hiking trail, books, maps, events, information - <http://www.pcta.org/index.shtml>

State Parks and Recreation Areas – index of state parks, forests, recreation areas by state - <http://www.mindspring.com/~wxrnot/parks.html>

Hiking Trails Around the South – historic and other hiking trails in the southeastern region of the U.S. - <http://www.sites.gulf.net/yustaga/HIKE.htm>

Historic Hiking Trails – Over 850 historic trails throughout the U.S., information, patches, etc. <http://www.geocities.com/Yosemite/Rapids/8428/historic.html>

Peak to Peak Trail and Wilderness Links – links to backpacking trails, hiking information throughout the U.S. , indexed by region of the country. - <http://www.peaktopeak.net/index.html>

Publications

“Backpacker Magazine” – magazine dedicated to backpacking - <http://www.bpbasecamp.com/>

“Outdoor Skills Instruction Backpacking”, Boy Scouts of America, No 33035, 1991, ISBN 0-8395-3035-8, Seminar on backpacking skills, equipment and techniques

“Outdoor Skills Instruction Camping”, Boy Scouts of America, No 33003, 1991, Seminar on low impact camping skills and techniques

“The Backpacker’s Field Manual”, Rick Curtis, Three Rivers Press 1998, ISBN 0-517-88783-5, An excellent comprehensive guide to mastering backcountry skills

“Secrets of Warmth for Comfort or Survival”, Hal Weiss, The Mountaineers, 1999, ISBN 0-89886-643-X An excellent book on staying warm on wilderness activities.

“How to Shit in the Woods”, Kathleen Meyer, Ten Speed Press, 1994, ISBN 0-89815-627-0, A serious look into human scatology in the outdoors.

“Fieldbook, Boy Scouts of America”, Boy Scouts of America, 1984, ISBN 0-8395-3200-8 General outdoor skills handbook

“The 2 OZ. Backpacker”, Robert S Wood, Ten Speed Press, 1982, ISBN 0-89815-070-1 A problem Solving Manual for use in the wilds.

“National Outdoor Leadership School’s Wilderness Guide”, Peter Simer and John Sullivan, Simon and Schuster, 1983, ISBN 0-671-24997-5 pbk A-Z reference guide to backpacking techniques.

“Backpacking Techniques”, Ruth Dyar Mendenhall, La Siesta Press, 1967 Basic tips to backpacking

“Fieldbook”, Boy Scouts of America, No 33200

“Passport to High Adventure”, Boy Scouts of America, No 4310

“Pocket Guide to Hiking/Backpacking”, Cordes, Ron, Greycliff Publishing Co., 1993

“The Complete Walker III”, Fletcher, Colin, Random House, 1984

“Backpacking in the 90’s, Techniques and Secrets”, Logue, Victoria, Menasha Ridge Press, 1994

“Backpacking, One Step at a Time”, Manning, Harvey, Random House, 1986

BACKPACKING/CAMPING

OUTDOOR REFERENCE GUIDE

“Backpacking a Complete Guide”, McDowell, Jack, Sports Illustrated

“Okpik – Cold Weather Camping Book”, Boy Scouts of America, No. 34040

“Backpacking Merit Badge Pamphlet”, Boy Scouts of America, No. 33232A

“Camping Merit Badge Pamphlet”, Boy Scouts of America, No 33246

“Hiking Merit Badge Pamphlet”, Boy Scouts of America, No 33407A

“Venture Snow Camping Pamphlet”, Boy Scouts of America, No. 33440

“Venture Backpacking Pamphlet”, Boy Scouts of America, No. 33484

“Boy Scout Hiking Pamphlet”, Boy Scouts of America, No. 34179

“Boy Scout Woods Wisdom”, Boy Scouts of America, No. 34308

Video Tapes

Trailside: all-Terrain Hiking Guide – VHS 180 min – 1996

Escape:Fool Proof Guide to Camping – VHS 30 min - 1997 This video is a must see for campers who are learning the ropes.. The field guide that comes with the video is an excellent resource.

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CAVING/SPELUNKING

Associations

American Cave Conservation Association – dedicated to saving caves - <http://www.cavern.org/>

Caving WWW Sites – excellent cross referenced list of caving related web sites, equipment, caving in various countries, cave rescue, techniques, books, photography, survey work, software and more - <http://www.cavepage.magna.com.au/cave/cavelink.html>

Eastern Region/National Cave Rescue Commission – cave rescue training and resources - <http://svis.org/ernrc/ernrc.htm>

International Union of Speleology – international body for caving and speleology, publications, agreements, etc <http://rubens.its.unimelb.edu.au/~pgm/uis/index.html>

NASAR – National Association for Search and Rescue, training, publications, awards, links, etc. - <http://www.nasar.org/>

National Cave Rescue Commission – training, policy and procedures for cave rescue - <http://www.caves.org/io/nrc/>

National Speleological Society - dedicated to the sport of cave exploration, publications, environmental programs, training, audiovisual <http://www.caves.org/defaultjs.htm>

Mt Desert Island Search and Rescue – Search and rescue training resources <http://www.acadia.net/mdisar/index.html>

Swiss Speleological Society – training, publications, equipment, information, etc. http://www.speleo.ch/index_E.html

The Self Rescue Group – training, technical information and internet links http://home.netcom.com/~cheazlit/self_rescue/

Wilderness Emergency Medical Services Institute – excellent caving links, technical SAR courses, <http://www.wemsi.org/cavelinks.html>

Southern Nevada Grotto – NSS caving information, maps, links etc. <http://intermind.net/~speleo/sngpage/sng.html>

Manufacturers

BEAL – climbing rope manufacturer, product catalog, technical information - <http://www.bealropes.com/>

Speleo Technics – manufacturer of climbing head lamps, product catalog, technical data - <http://www.speleo.co.uk/>

Virtual Caving – mapping DRG, DEM and GIS information for the complete United States - <http://www.angelfire.com/ga/caveline/virtualcaving.html>

(Also see manufacturers under the COPE/Mountaineering category)

OUTDOOR REFERENCE GUIDE

Publications

“An Introduction To Caving: A Guide For Beginners” Volume 20,#1-2 of Missouri Speleology. 1980
An excellent beginners guide.

Cave Training Manual – On-line caving techniques technical manual, gear safety, techniques, etc. -
<http://www.nottingham.ac.uk/~styms11/cave/>

“Caving”, Boy Scouts of America, No. 33446A, 1991, ISBN 0-8395-3446-9. An introduction to spelunking

“Caving Basics”, National Speological Society, 1992. Caving basics from the NSS Caver Training Committee

“Caving Practice and Equipment”, British Cave Research Association, David Judson, 1991. Illustrated guide for both beginners and experienced cavers

“On Station”, National Speological Society, 1994, George Dasher A complete handbook for surveying and mapping caves.

“The Art of Cave Mapping”, Missouri Speleology, Volume 31, #1-4, Thomas and Taylor, 1991. Well written presentation on cave mapping.

“The Complete Caving Manual”, Andy Sparrow, 1997. Basic caving guide from Britain

“Underground Photography” – magazine dedicated to cave and mine photography and videography -
<http://www.dhios.demon.co.uk/>

“Caving for Explorers and Boy Scouts”, Boy Scouts of America, No. 19-102, BSA caving guidelines

“The Art of Caving”, Heslop, Linda, Cave Books, 1996

“On Rope”, Padgett, Allen and Bruce Smith, NSS Books, 1987

“Caving Basics”, Tom Rae, NSS Books, 1987

Video Tapes

Cave Safe Video Series - VHS These excellent caver training videos were produced by Andy Sparrow, a professional British cave guide, and are a thorough introduction to caves, caving equipment, caving techniques, and technical rope work. Most of the instruction takes place underground. Third Eye Films, Glastonbury, England.

CAVE SAFE I: An Introduction to Basic Caving - Part 1 of a 3-part series by Andy Sparrow of the UK. Shows how to organize a caving trip, choose the best equipment, take safety precautions, negotiate obstacles, survive in an emergency, and understand cave formation. ©Third Eye Films, 1992. 57 min

CAVE SAFE II: Ropes, Rigging, Ladders, & Lifelines - Part 2 of a 3-part series by Andy Sparrow of the UK. Shows how to choose a suitable rope, tie a range of useful knots, select safe anchors, lifeline safely, rig ladder pitches, and avoid problems and hazards. ©Third Eye Films, 1993. 55 min

CAVE SAFE III: SRT and Advanced Ropework - Part 3 of a 3-part series by Andy Sparrow of the UK. Covers kitting up, rigging, getting up and down (including rebelay & directionals), pull-downs, problems, and emergency techniques for self and buddy rescue. ©Third Eye Films, 1994. 76 min

OUTDOOR REFERENCE GUIDE

A SCOUTING APPROACH TO WILD CAVES. (1998) VHS 103 min - very thorough production looks at everything from caving equipment and techniques, to cavern genesis, to vertical work and self-rescue. And it's all neatly packaged into 10-minute chapters. This program is very professional and won a Merit Award at the 1999 Video Salon. Produced by Terry Wall, ©1998, Troop 381, Shawnee Mission, KS.

Troop 381 also has available A Scouting Approach to Rock Climbing (VL-7/95) Aud: P. (J. Carlson)

SPELEOLOGIE: ADVENTURE MODERNE – VHS 56 min - An introduction to organized caving, European style; stresses safety and conservation while demonstrating good techniques in a variety of caving situations. ©Spelefilm, 1987

THE WORLD WITHIN – VHS 28 min A professional film providing an excellent introduction to caving for the non-caver. Produced by John Slavin & Paul Crawford. ©Orisis Productions, 1978.

ROPE RESCUE - OVERVIEW – VHS 65 min - Part 1 of 4 part series. Covers history of rope rescue and overview of techniques. ©Thorne Group Inc, 1989.

ROPE RESCUE - ROPE & EQUIPMENT – VHS 65 min - Part 2 of 4 part series. Covers physics of rope use, rope care and use, and carabiners. ©Thorne Group Inc, 1989.

ROPE RESCUE - KNOTCRAFT – VHS 55 min - Part 3 of 4 part series. Step by step instructions for tying many knots, bends, and hitches. ©Thorne Group Inc, 1989.

ROPE RESCUE - BELAYING – VHS 55 min - Part 4 of 4 part series. Step by step instructions for how to provide a friction safety for a person in an exposed position. ©Thorne Group Inc, 1990.

CAVE DIVING – THE NEED FOR TRAINING – VHS 5 min - A short primer on the dangers of cavern diving and the consequences that await the unprepared. By Mike Garman and Brett Hemphill. ©Hydro-Geo, 1997.

Software

Cave maPS – cave mapping software (windows) <http://home.earthlink.net/~hubertcrowell/>

CavePlot – cave mapping software for the Macintosh - <http://members.aol.com/caverdave/CPHome.html>

COMPASS – cave survey software - <http://www.fountainware.com/compass/>

Toporobot – cave mapping software - <http://www.geo.unizh.ch/~heller/toporobot/English/index.html>

Audio Visuals

National Speleological Society has various video materials available

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COOKING

Publications

“Outdoor Skill Instruction Cooking”, Boy Scouts of America, NO 33587 1991

ISBN 0-8395-3587-8

Seminar on fire building, foil, utensil less and Dutch oven cooking

“The Outdoor Dutch Oven Cookbook”, Sheila Mills, Ragged Mountain Press, 1997, ISBN 0-07-043023-3 A manual of Dutch oven care and use with many menus.

“Trail Food Drying and Cooking Food for Backpackers and Paddlers”, Alan S. Kesselheim, Ragged Mountain Press, 1998, ISBN 0-07-034436-1

A good work on food preprocessing and cooking in backpacking and paddling expeditions

“Dutch Oven Cooking”, John G. Ragsdale, Gulf Publishing Co., 1997, ISBN 0-88415-222-7

Dutch oven cooking how to and recipes.

“Camp Cookery for Small Groups”, Boy Scouts of America, No 33592A, 1967, ISBN 0-8395-3592-9

Recipes for groups of eight.

“Camper Guide to Outdoor Cooking Tips, Techniques and Delicious Eats”, John G Ragsdale, Gulf Publishing Co., 1989, ISBN 0-87201-626-9 Outdoor stove from backpacking to Dutch oven, cooking techniques and recipes.

“The One Pan Gourmet Fresh Food on the Trail”, Don Jacobson, Ragged Mountain Press, 1993, ISBN 0-07-032123-X How to survive with a backpacking stove and a pot in the wilderness.

“The Portable Baker Baking on Boat and Trail”, Jean Spangenberg and Samuel Spangenberg, Ragged Mountain Press, 1997, ISBN 0-07-059871-1 (pbk) Everything you always wanted to know about baking in the backcountry plus proven recipes.

“Lovin Dutch Ovens A Cool Book for the Dutch Oven Enthusiast”, Joan S. Larsen, LFS Publications, 1991, ISBN 1-880415-03-9 Successful Dutch oven recipes.

“AYH Outdoor Food Book”, Chris Reid, American Youth Hostels, 1981, Tips and techniques of wilderness cooking equipment and recipes.

“Cast Iron Cuisine”, Linda Crowley and Geri Munford, M. Plans, Inc. 1990

An exciting assortment of outdoor recipes

“Backpack Cookery”, Ruth Dyar Mendenhall, La Siesta Press, 1966

Backpack cooking from your own pantry and supermarket.

“The One Burner Gourmet”, Harriet Baker, Contemporary Books, Inc., 1981, ISBN 0-8092-5883-8

Bake aheads, Make aheads, foiled cookery, wild-berry dessert, energy survival foods and more

“Supermarket Backpacker”, Harriet Baker, Contemporary Books, Inc., 1977, ISBN 0-8092-7307-1

A do-it-yourself guide to brand-names foods revitalized for the trail – with double the flavor at half the cost

“The Backpackers Food Book”, Hasse Bunnelle, Fireside, 1981, ISBN 0-671-25032-9

How to provision for trips, weekends, and long expeditions, how to cook in the field, many recipes

“Cooking for Camp and Trail”, Hasse Bunnelle and Shirley Sarvis, The Sierra Club, 1972, ISBN 0-

87156-006-6 Tote book size guide to menus recipes and cooking in the field

OUTDOOR REFERENCE GUIDE

“Food for Knapsackers”, Hasse Bunnelle, The Sierra Club, 1971, ISBN 0-87156-049-6
Tote book size guide to food planning, menus and recipes.

“Cooking Merit Badge Pamphlet”, Boy Scouts of America, No. 33349

“Boy Scout Cooking Pamphlet”, Boy Scouts of America, No 34175

Cooking Basics for Campers by Karen Burns – outdoor cooking information, methods, equipment and cooking guide <http://www.codyak.net/>

Video Tapes

Dutch Oven & Camp Cooking- VHS - This is the companion video to the public television series; Dutch Oven & Camp Cooking, featuring PBS series host and camp cook C.W. “Butch” Welch. In his entertaining manner, Butch gives tips on outfitting the camp kitchen, introduces interesting and unique camp cooking techniques, highlights the use of the traditional Dutch oven, and the use of the charcoal as a fuel source.

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COPE/MOUNTAINEERING

Manufacturers

Beal – manufacturer of climbing ropes and harnesses, catalog, technical information

<http://www.bealropes.com/english.dir/home.html>

Blue Water – manufacturer of climbing ropes and equipment, catalog, technical manual, -

<http://www.spelean.com.au/BW/BWindex.html>

Black Diamond – manufacturers of high tech climbing equipment, catalog, dealer list

<http://www.bdel.com/>

Boreal – manufacturers of climbing shoes, catalog, <http://www.borealusa.com/>

Climbing Equipment Manufacturer links - <http://www.out-there.com/mfc-clm.htm>

CMI – manufacturer of climbing equipment, downloadable catalog, technical information

<http://www.cmi-gear.com/>

Eastern Mountain Sports – dealer (nationwide) in outdoor gear and equipment, catalog, training,

technical information <http://www.emsonline.com/>

HB Climbing Equipment – manufacturers of technical climbing equipment, catalog,

<http://www.hb.wales.com/>

Metolius Climbing – manufacturer of high tech climbing equipment, catalog, how-to guides, dealer list,

<http://www.metoliusclimbing.com/>

Petzl – manufacturer of technical climbing equipment, catalog, dealer lists, excellent technical manual

<http://www.petzl.com/>

Recreation Equipment Inc – coop dealer in climbing equipment, catalog, technical information, training,

store listing <http://www.rei.com/reihtml/homepageb.html>

Associations/Organizations

Knots on The Web – knot tying how-to, publications, software

<http://www.earlham.edu/~peters/knotlink.htm>

Roper's Knots Page – everything from the easy to fancy knots including splicing and marlin spike

seamanship. Excellent pages with illustrations <http://huizen.dds.nl/~erpprs/kne/kroot.htm>

Ropes Online – Ropes course and adventure education information, publication, web-ring, newsletter,

organization links, etc. - <http://www.ropesonline.org/>

Association for Challenge Course Technology – information on challenge course development and

operation - <http://www.acctinfo.org/index.html>

Project Adventure – challenge courses, equipment, links, workshops, publications - <http://www.pa.org/>

Association for Experiential Education – publications, interst groups, links - <http://www.aee.org/>

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Climbing Areas

Climbing Walls – Index of climbing gyms, walls, etc around the world -

<http://www.bealropes.com/english.dir/walllinks.html>

Climbing Clubs – Index of climbing clubs around the world -

<http://www.bealropes.com/english.dir/clublinks.html>

Publications

“Wilderness Mountaineering”, Phil Powers, National Outdoor Leadership School, Stackpool Books 1993
ISBN 0-8117-3086-7 Climbing safety and rescue techniques

“Mountain Search and Rescue Techniques”, W.G. May, Rocky Mountain Rescue Group Inc. 1973
ISBN 72-92728 Advanced mountain rescue equipment and techniques

“Project Cope”, Boy Scouts of America, No. COPE equipment, standards, and events

“Outdoor Skills Instruction Climbing/Rappelling”, Boy Scouts of America, No. 33027 1991
ISBN 0-8395-3027-8 Seminar on climbing equipment, safety and techniques

“Rock Climbing and Rappelling”, Boy Scouts of America, No 33469, 1995, ISBN 0-8395-3469-8
An introduction to rock climbing and rappelling

“Climbing Merit badge Pamphlet”, Boy Scouts of America, No. 35001, 1997, ISBN 0-8395-5001-4
Climbing equipment and techniques

“Climbing Big Walls”, Mike Strassman, editor, ICS Books 1991

“Basic Rockcraft”, Royal Robbins, La Siesta Press, 1971, Guide to climbing and rappelling equipment and techniques

“Advanced Rockcraft”, Royal Robbins, La Siesta Press, 1973, Advanced aided climbing equipment and techniques.

“Encyclopedia of Knots and Fancy Rope Work”, Raoul Graumont and John Hensel, Cornell Maritime Press, 1994, ISBN =87033-021-7 *Collection of knots and artistic rope work*

“The Knot Book”, Geoffrey Budworth, Sterling Publishing Co., Inc., 1985, ISBN 0-8069-7944-5
A handbook of knots and how to tie them

“The Morrow Guide to Knots”, Marlo Bigon and Guido Regazzoni, Quill/William Morrow, 1982, ISBN 0-688-01226-4 (pbk), Excellent book with color photographs and detailed instructions on how to tie knots.

“Climbing Knots for Lefties and Righties”, Michael Noonan, ICS books Inc., 1997, ISBN 1-57034-053-6 (PBK), *An excellent treatment on rope and webbing knots used in climbing*

“The Cockpit Book of Knots”, David Weatherston and Patrick Brophy, Tarka Press, 1980, ISBN 0-9690631-0-5, An introduction with a nautical flair to the essential knot and splices used in sailing and boating.

“The Splicing Handbook Techniques for Modern and traditional Ropes”, Barbara Merry and John Darwin, International Marine, 1987, ISBN 0-07-156371-1, The essentials of splicing in layed and double braided rope.

OUTDOOR REFERENCE GUIDE

‘The Handbook of Knots’, Des Pawson, DK Publishing, 1998, ISBN 0-7894-2395-2, An illustrated guide to tying knots, splicing and lashing

“Mountaineering: the Freedom of the Hills”, 6th ed, Don Graydon, editor, Mountaineers Books, 1992

“Climbing in North America”, Mountaineers Books, 1997

“Advanced Rock Climbing”, John Long and Craig Luebben, Chockstone, 1997

“Best of Boulder climbs”, Richard Rossiter, Chockstone, 1996

“The Basic Essentials of Rock Climbing”, Michael Strassman, ICS Books, 1989

“The Bottomless Bag Again: this One Too”, Karl Rohnke, Kendall/Hunt, 1994, ISBN 0-84-038757-1

“Funn Stuff”, Karl Rohnke, Kendall/Hunt, 1996 ISBN 0-78-7722316-6

“On-The-Edge Games for Youth Ministry”, Karl Rohnke and Amy Simpson, Group Publishing, 1998, ISBN 0-76-442058-5

“Quicksilver: Adventure Games, Initiative Problems, Truct Activities and a Guide to Effective Leadership”, Karl Rohnke and Steve Butler, Kendall/Hunt, 1997, ISBN 0-78-721610-0

“Silver Bullets”, Karl Rohnke, Project Adventure, 1984, ISBN 0-84-035681-X

“Back Pocket Adventure”, Karl Rohnke, et al., Simon & Schuster, 1998, ISBN 0-53-601419-1

“Cowstails and Cobras II: A Guide to Games, Iitatives, Ropes Courses, and Adventure Curriculum”, Karl Rohnke, Project Adventure, 1989, ISBN 0-84-035434-7

“Topping Out: A BSA Climbing/Rappelling Manual”, No. 3207, is the most authoritative guide currently available from the Boy Scouts of America.

Video Tapes

Basic Rockclimbing – VHS 45 min - John Long introduces the fundamentals of beginning rock climbing: techniques, equipment, terminology, with a touch of humor; filmed in Yosemite Valley

Belaying With Safety – VHS 40 min - Shows equipment needed for a successful climb, explains how to use it & walks you thru the proper technique in belaying. Helpful hints on how to remember things to check for before starting your climb

Vertical Rope Skills With Douglas Hansen – VHS 70 min -In this information packed, principle based video, rope skills master Douglas Hansen explains & demonstrates many of the primary rope skill needed by anyone who ventures into a vertical environment. This course is the kick-off point for technical rope rescue, advanced rock climbing, ice climbing, vertical caving, industrial rope work & much more

The Art of Leading - VHS 50 min - Experience the freedom, the thrill, and the feeling of command that comes from leading a challenging pitch...This finely crafted video will entertain the aspiring rock star as it describes strategies for safe and successful climbing.

OUTDOOR REFERENCE GUIDE

CYCLING/MOUNTAIN BIKING

Manufacturers

All Weather Sports – winter all weather sports in Alaska, links, cycling information,
<http://www.mosquiconet.com/~aws/index.html>

Nokian Tyres – extreme cycling/biking tires, product catalog, dealer list, <http://www.nokiantyres.fi/bike/>

ICEBIKE – home of the winter cyclist, equipment, clothing, technical information -
<http://www.enteract.com/~icebike/>

CYBER CYCLING – internet bicycling hub, links, technical information, events, etc.
<http://www.cyclery.com/index.html>

Aegis Bicycles – carbon frame manufacturers, accessories, product catalog -
<http://www.aegisbicycles.com/>

Aeon Bikes – manufacturers of high performance mountain bikes., catalog - <http://www.aeonbikes.com/>

Alpine Designs Bicycles – manufacturer of custom bikes, accessories, events, catalog -
<http://www.alpinedesignsmtb.com/>

AMIS Shaft Driven Bikes – manufacturer of chainless mountain bikes, catalog, technical information -
<http://www.chainless.com/>

AutoBike – manufacturer of automatic shifting bicycles, product catalog, dealer list -
<http://www.choicemall.com/cgi-bin/tame/shomar/1.tam>

Bianci USA – manufacturer of racing, road, mountain and cross terrain bikes, catalog, dealer list -
<http://209.217.20.46/>

Diamondback – manufacturer of mountain, cross and road bikes, product catalog, dealer list -
<http://www.diamondback.com/>

Easy Racer – manufacturer of recumbent bicycles, product catalog - <http://www.easyracers.com/>

GT Bicycles – manufacturers of BMX, mountain, road bicycles, product catalog, dealer list
- <http://www.gtbicycles.com/flash.html>

KONA Mountain Bikes – manufacturer of mountain bikes, product catalog, dealer list, technical
information - <http://dbase.konaworld.com/konaworld/index.cfm>

KTM – manufacturer of bicycles, product catalog, dealers, <http://www.ktm-bikes.at/en/default.htm>

Marin Mountain Bikes – manufacturer of mountain and road bikes, product catalog, dealer list, technical
information - <http://www.marinbikes.com/>

MIYATA USA – manufacturer of frames sets, unicycles, product catalog, technical data -
<http://www.miyatausa.com/>

MONGOOSE – manufacturer of BMX, mountain, foldable bikes, product catalog, dealer list, technical
information - <http://www.mongoose.com/mongoose/default.asp>

OUTDOOR REFERENCE GUIDE

NORCO USA – manufacturer of performance bikes, product catalog, technical data -
<http://www.norco.com/>

PEUGEOT Cycles – manufacturer of competitive bicycles, product catalog, dealer list -
<http://www.peugeot-fietsen.nl/>

Raleigh USA – manufacturer of bicycles and accessories, product catalog, dealer list -
<http://www.raleighusa.com/>

SCHWINN – manufacturer of bicycles, accessories, product catalog, dealer list, technical data -
<http://www.Schwinn.com/>

VENTANA – manufacturer of mountain bikes, product catalog, publications, races, technical data -
<http://www.ventanausa.com/>

Associations

NORBA – National Off-Road Bicycle Association – racing tips, events, technical information -
<HTTP://www.adventuresports.com/asap/norba/norba.htm>

USCF - United States Cycling Federation – cycling competitive events, -
<HTTP://www.adventuresports.com/asap/uscf/uscf.htm>

USA Cycling – U.S. Olympic Governing Body for Cycling, information, events, clubs -
<http://www.usacycling.org/>

Bicycleweb – dedicated to cycling, gear, bicycles, accessories, websites, events, clubs, etc -
<HTTP://www.bicycleweb.com/>

American Bicycle Association – BMX information, races, riders, etc. - <http://www.ababmx.com/>

Adventure Cycling Association – organization of recreation cyclists, routes and maps, tours and events, newsletter, cycling links, etc. - <http://www.adv-cycling.org/>

League of American Bicyclists – bike advocacy and education center, ride and rallies, bike links and contacts, where to bike - <http://www.bikeleague.org/>

National Bicycle League – BMX racing, find a track, information - <http://www.nbl.org/MainFrame.htm>

World Bicycle Association – trails and rides in the USA, activity calendar, bike shop index, regional resort index - <http://www.worldbicycle.com/frames.htm>

International Mountain Biking Association - trail care program, information, events, etc.
<http://www.greatoutdoors.com/imba/>

Fix Your Bike – A to Z repair techniques for mountain bike repair -
<http://store.yahoo.com/fixyourbike/ind.html>

Bicycle Safety Tips - <http://www.ci.austin.tx.us/bicycle/pwbisafe.htm>

Publications

GEARHEAD – mountain bike magazine, technical articles, manufacturer guides, bike shop guides, etc -
<http://www.gearhead.com/home.htm>

OUTDOOR REFERENCE GUIDE

MTB Review – consumer review on-line magazine on cycling, products, events, technical information, etc
- [HTTP://www.mtbr.com/](http://www.mtbr.com/)

TANDEM – magazine dedicated to tandem biking - <http://www.tandemmag.com/>

Triathlete - magazine dedicated to triathlete training, racing, news - <HTTP://www.triathletemag.com/>

VeloNews – journal of competitive cycling - <http://www.greatoutdoors.com/velonews/>

“Bike Ride Online” – cycling in the Pacific Northwest and around the world - <HTTP://www.bikeride.com/>

“Richards New Bicycle Book”, Richard Ballantine, Ballantine Books, 1987

“Bike Tripping”, Tom Culbertson, Ten Speed Press, 1984

“Backcountry Bikepacking”, William Sanders, Stackpole, 1983

“The Basic Essentials of Mountain Biking”, Michael Strassman, ICS Books, 1989

“The Bicycling Touring Book”, Tim and Glenda Wilhelm, Rodale Press, 1980

“Cycling Merit Badge Pamphlet”, Boy Scouts of America, No. 33226

“Venture Pamphlet – Cycling”, Boy Scouts of America, No 3437

Video Tapes

Bicycle Wheel Building 101 - VHS/30 mins - Learn to build a bicycle wheel in less than an hour with this 1st comprehensive instructional video on the subject! Takes you step-by-step thru lacing, tensioning, & truing, & covers the tools, too.

Performance Mountain Biking - VHS/55 mins - Mountain biking explained by World Champion Ned Overend. Covers the full spectrum of mountain biking technique for the intermediate recreational rider & beginning racer. Includes pedaling efficiently, braking, & unweighting. Explanations of complex singletrack skills, accompanied by exciting riding footage

John Howard's Lessons in Cycling - Legendary World-Record-Holder and Olympian, John Howard, shares the hard-won secrets of his 30 years of success as a racer and coach.

Mountain Bike Anatomy - This video gives a clear overview of bicycle form and function by showing the assembly of a state-of-the-art bike piece-by-piece, starting with a bare frame.

Performance Mountain Biking - Ned Overend shares his intimate understanding and superb descriptions of essential mountain-biking technique.

Ultimate Mountain Biking - In this award-winning instructional video, the pros teach you their secrets of success. With Tinker Juarez, Margaret Day, Jim Deaton, Cindy Whitehead, Glen Adams, Ot Pi Isern and John Howard.

OUTDOOR REFERENCE GUIDE

CONSERVATION/ECOLOGY/PLANTS & WILDLIFE

Associations and Organizations

Aquatic Ecology – guide to aquatic life and ecology interests on the internet - <http://www2.netdoor.com/~pinky/aquatic.htm>

Ecology Links – world wide web links and newsgroups related to ecology
<http://www.gn.apc.org/peopleinaction/ecology.html>

EcoPros – Ecology Protection society – High quality ecology educational website - <http://www.eco-pros.com/>

Ecology WWW page – Reference links for students, teachers and researchers in ecology - <http://pbil.univ-lyon1.fr/Ecology/Ecology-WWW.html>

Institute of Freshwater Ecology – research in fresh water ecology - <http://www.ife.ac.uk/>

Marine Ecology Station – youth programs in marine ecology - <http://mareco.org/>

National Fish and Wildlife Foundation – conservation and management of fish, wildlife and plant resources. Programs, publications, internships, links - <http://www.nfwf.org/>

Izaak Walton League of America - conservation of America natural resources, education programs, local chapters - <http://www.iwla.org/>

Environmental Protection Agency – <http://www.epa.gov/>

National Audubon Society – <http://www.audubon.org/>

National Wildlife Federation – <http://www.nwf.org/>

Environmental Education on the Internet – professional and classroom resources, environmental information - <http://www.nceet.snre.umich.edu/>

The Environmental Education Network – resource for students and teachers - <http://www.envirolink.org/enviroed/>

World Wildlife Fund – projects, teaching and student information - <http://www.panda.org/>

COOL Conservation OnLine – Resources for Conservation Professionals <http://palimpsest.stanford.edu/>

Fish and Wildlife Species – Endangered, Invasive and Common species and Wildlife Fact Sheets
<http://species.fws.gov/>

Publications

“**Peterson’s Field Guide to Venomous Animals & Poisonous Plants**”, Steven Foster and Roger Caras, Houghton Mifflin Co., 1994, ISBN 0-395-93608-X (pbk) An excellent field guide to identifying poisonous plants and animals.

“**Peterson’s Field Guide to Trees and Shrubs**”, George A. Petrides, Houghton Mifflin Co, 1972, ISBN 0-395-35370-X (pbk), A field guide to identifying trees and shrubs.

OUTDOOR REFERENCE GUIDE

“Peterson’s Field Guide to Mammals”, William H Burt and Richard P. Grossenheider, Houghton Mifflin Co, 1976, ISBN 0-395-91098-6 (PBK) A field guide to identifying mammals.

“Peterson’s Field Guide to Reptiles and Amphibians”, Roger Conant and Joseph T. Collins, Houghton Mifflin Co., 1998, ISBN 0-395-90452-8 A field guide to identifying reptiles and amphibians.

“Berry Finder”, Dorcas S. Miller, Nature Study Guild, 1986 A pocket guide to native plants with fleshy fruits

“Track Finder”, Dorcas S. Miller, Nature Study Guild, 1981 A pocket guide to mammal tracks of eastern North America

“Fern Finder”, Anne C Hallowell and Barbara G Hallowell, Nature Study Guild, 1981 A pocket guide to native ferns of northeastern and central North America

“Tree Finder”, Nature Study Guild

“Winter Tree Finder”, Nature Study Guild

“Fossils”, Cyril Walker and David Ward, Dorling Kindersley, Inc, 1992, ISBN 1-56458-074-1
Excellent field book on fossil identification with color illustrations

“Familiar Animal Tracks of North America”, John Farrand, Jr, National Audubon Society, 1993, ISBN 0-679-74148-8 Excellent field book on track identification’

“Tom Brown’s Field Guide to Nature Observation and Tracking”, Tom Brown and Brandt Morgan, Berkley Publishing Co., 1983, ISBN 0-425-06177-9 Definitive guide to tracking and track identification

“Fall Color Finder”, C Ritchie Ball and Anne H. Lindsey, Laurel Hill Press, 1993, ISBN 0-9608688-2-8
A pocket guide to identifying trees from their leaves and fall colors

“Flower Finder”, May Theilgaard Watts, Nature Study Guide, 1955 A pocket guide to identification of spring wild flower and flower families

“Mammal Finder”, Ron Russo and Pam Olhausen, Nature Study Guild, 1987, ISB 0-912550-16-3
A pocket guide to mammals of the Pacif coast states, their tracks, skulls and other signs

“Mammal Tracker”, Chris Lewey, Interpretive Wildlife Programs, 1993 Pocket Reference Card

“Adaptability: The Significance of Variability From Molecule to Ecosystem”, Michael Conrad, Plenum Publishing Company, 1983

“Air and Water: the Biology and Physics of Life’s Media”, Mark W. Denny, Princeton University Press, 1993

“Environmental Geography: Science, Land Use, and Earth Systems”, William M. Marsh and John Grossa, John Wiley & Sons, Inc., 1995

“Applied Ecology”, Edward L. Newman, Blackwell, 1993

“The Blue Planet: An Introduction to Earth System Science”, Brian J. Skinner and Stephen C Porter, John Wiley & Sons, Inc., 1994

“Earth Science and the Environment”, Thompson, Harcourt Brace College Publishers, 1992

OUTDOOR REFERENCE GUIDE

US Fish and Wildlife Species Fact Sheets – excellent species fact sheet downloadable in html or pdf format - <http://species.fws.gov/>

“Trees and Nonflowering Plants (North American Wildlife Field Guides), Readers Digest, 1998

“All the Backyard Birds: American Bird Conservatory’s Compact Guides”, Jack Griggs and Paul Lehman, Harper Collins Publishers, Inc. 1998

“The Backyard Birder”, George H. Harrison, Simon & Schuster, 1998

“American Wildlife and Plants: A Guide to Wildlife Food”, A.C. Martin, Dover Publications, 1985

“Audubon Society Pocket Guide to Familiar Birds of Lakes and Rivers”, Richard K. Walton and Geoffrey O. Seltzer, Knopf, 1994

“Bird Study Merit Badge Pamphlet”, Boy Scouts of America, No. 33300

“Environmental Science Merit Badge Pamphlet”, Boy Scouts of America, No 33363A

“Fish and Wildlife Management Merit Badge Pamphlet”, Boy Scouts of America, No 33307

“Forestry Merit Badge Pamphlet”, Boy Scouts of America, No 33231

“Geology Merit Badge Pamphlet”, Boy Scouts of America, No. 33284

“Insect Study Merit Badge Pamphlet”, Boy Scouts of America, No. 33353

“Mammal Study Merit Badge”, Boy Scouts of America, No. 33271

“Nature Merit Badge Pamphlet”, Boy Scouts of America, No. 33285

“Oceanography Merit Badge Pamphlet”, Boy Scouts of America, No. 33306

“Reptile & Amphibian Study Merit Badge Pamphlet”, Boy Scouts of America, No. 33288

“A Citizens Guide To Plastics In The Ocean: More Than A Litter Problem”, Center for Marine Conservation 1994

Software

Ecology Software Server – clearing house for wildlife ecology related software-
<http://nhsbig.inhs.uiuc.edu/>

EcoBeaker – software for teaching ecology, conservation and biology at university level, free demo -
<http://www.ecobeaker.com/>

OUTDOOR REFERENCE GUIDE

EQUESTRIAN

Associations

HorseNet Horse Links – Alphabetical list of horse related links on the web (very extensive) - <http://www.horsenet.com/links.html>

American Quarter Horse Association – association for promotion of quarter horses, programs, publications, merchandise, membership - <http://www.aqha.org/index2.html>

American Morgan Horse Association – association for promotion of Morgan horses, programs, youth programs, merchandise, membership - <http://www.morganhorse.com/>

Appaloosa Sport Horse Association – association for the promotion and registry of Appaloosa horses, programs, membership - <http://www.netrax.net/~aliasme/>

United States Dressage Federation – USDF provides programs and competition for dressage riding, training, publications, events, etc - <http://www.usdf.org/>

American Horse Shows Association – ASHA is the national Olympics and world championship governing body for equestrian sports in the United States (combined, driving, dressage, endurance, show jumping, eventing and vaulting), publications, clinics, competitive events - <http://www.ahsa.org/>

Harness Horse Youth Foundation – focuses on interesting and educating young people about horse racing, school and college directory, scholarships, racing information, horse camps, - <http://www.hhyf.org/>

United States Trotting Association – Harness racing, publications, racing information, rules, standings - <http://www.ustrotting.com/>

United States Combined Training Association – events, training, youth and adult rider information, merchandise, membership, etc. - <http://www.eventingusa.com/>

US Equestrian Team – Olympic events, international competition and training, links – <http://www.uset.org/>

Equine Directory – horses for sale or lease, boarding, trainers and instructors, supplies, tack and equipment - <http://www.ime.net/equine/>

NetVet – online horse medicine links - <http://netvet.wustl.edu/horses.htm>

The HayNet – links to everything about horses - <http://www.haynet.net/>

The Farrier and Hoof Care Resource Center – many thousands of links on the subject - <http://www.horseshoes.com/>

An Online Guide to Dressage – online technical information on dressage training - <http://www.freerein.com/guide/>

Dressage Unlimited - Your Dressage Community! From Beginner to Olympic Judgeand everyone in between. Learn, teach, participate or just lurk. - <http://www.dressageunltd.com/index.html>

American Association for Horsemanship Safety – <http://www.law.utexas.edu/dawson>

Backcountry Horsemen of California, nonprofit organization dedicated to conservative use of backcountry trails, links, education materials, membership events, etc. <http://www.bchc.com/>

OUTDOOR REFERENCE GUIDE

Publications

“Horse gaits, Balance and Movement”, Susan Harris, Howell Book House, 1993

“Hunter Seat Equitation”, George H. Morris, Doubleday, 1990

“Horsemanship Merit badge Pamphlet”, Boy Scouts of America, No. 33298

Riding Programs

New Rider – Basic riding training and technical information (British site) - <http://www.newrider.com/>

Horseback Riding Stables and Rentals – Index of riding stables by state - <http://www.horserentals.com/>

Horse Buying and Care – how to information on buying a horse and caring for a horse - <http://www.firsthorse.com/>

Audio Video

Horse-TV.com – producers of equestrian related videos, training information - <http://www.equivid.com/menu/menu.html>

OUTDOOR REFERENCE GUIDE

FIRST AID/ WILDERNESS MEDICINE

Associations and Organizations

Active First Aid – On-line EMT training manual (Australian site), first aid kits
<http://www.parasolemt.com.au/afa/index.html>

American Heart Association – provider of medical information on heart attack and strokes, CPR training, nutrition programs, technical information <http://americanheart.org/>

American Red Cross – national provider of first aid, CPR and safety training, product catalog, publications, local chapter list, <http://www.crossnet.org/>

Rescue 411 – First aid training materials <http://library.thinkquest.org/10624/>

Virtual Navy Hospital – Excellent web site complete reference on medical services, military medical guides on line, first aid training materials etc. <http://www.vnh.org/>

Wilderness Medical Institute (NOLS) – provider of wilderness medical training courses, course schedule, publications, technical articles <http://www.wildernessmed.com/>

Wilderness Emergency Medical Services Institute – wilderness medicine training, materials, publications, research - <http://www.wemsi.on.ca/index.html>

Wilderness Medical Associates – courses, resources, equipment links, etc - <http://www.wildmed.com/>

Publications

“The Wilderness First Responder”, Buck Tildon, Tom Burke and Frank Hubbell, The Globe Piquot Press 1998, ISBN 0-7627-0392-X Recognition, treatment and prevention of wilderness emergencies.

“Peterson Field Guide to Eastern/Central Medicinal Plants”, Steven Foster and James A. Duke, Houghton Mifflin Co, 1990, ISBN 0-395-92066-3 (pbk), A field guide too the identification of and use of medicinal plants.

“Mosby’s Outdoor Emergency Medical Guide”, David Manhoff, Mosby-Yearbook, Inc 1996, ISBN 0-916363-14-7 What to do in an outdoor emergency when help may take some time to arrive

“Wilderness First Aid Emergency Care for Remote Locations”, Howard D Backer, Warren D Bowman, Bruce C Paton, Peter Steele and Alton Thygerson, Jones and Bartlett Publishers, 1998, ISBN 0-7637-0407-5 The Definitive source for wilderness first aid information. The official collaboration between The National Safety Council and the Wilderness Medical Society.

“Medicine for the Backcountry”, Buck Tilton and Frank Hubbell, ICS Books Inc, 1990, ISBN 0-934802-61-0, Covers a broad spectrum of wilderness medical emergencies and how to handle them.

“Where There Is No Doctor a village health care handbook”, David Werner, Carol Thuman and Jane Maxwell, Advanced health issues book.

“Wilderness First Aid”, Tod Schimelpfenig and Linda Lindsey, National Outdoor Leadership School, 1991, ISBN 0-8117-3084-0, Practical wilderness first aid based on the experiences of the NOLS instructional force.

“The Pocket Doctor”, Stephen Bezruchka, The Mountaineers, 1998, ISBN 0-89886-345-7 Pocket guide which provides information on how to stay healthy while traveling.

OUTDOOR REFERENCE GUIDE

“Wilderness Medicine”, William Fogery, ICS Books, 1987, ISBN 0-934802-37-8 How to handle medical problems in the wilderness.

“Wilderness Medical Society practical Guidelines for Wilderness Emergency Care”, William Fogerty, ICS Books, 1995, ISBN 1-57034-011-0, Guidelines for handling medical situations in the wilderness.

“Pocket Guide to Wilderness Medicine”, Paul G. Gill, Jr., Fireside, 1991, ISBN 0-671-70615-2 pbk
How to identify and treat ailments and injuries sustained in the great outdoors

“First Aid for Colleges and Universities”, Brent Q Hafen and Keith J. Karren, Allyn and Bacon, 1996
ISBN 0-205-18542-8 Semester college course in First Aid. Excellent reference book with pictures.

“Emergency Response”, American Red Cross, Mosby-Year Book, 1997

“First Aid-Responding to Emergencies”, American Red Cross, Mosby-Year Book

“The Outward Bound Wilderness First-Aid Handbook”, Jeffrey Isaacs, The Lyons Press, 1998

“Camping and Wilderness Survival”, Paul Tawrell, 1996

“Comprehensive Guide to Wilderness and Travel Medicine”, Eric A. Weiss, M.D., Berkely California, Medical Kits, 1992

“First Aid Merit Badge Pamphlet”, Boy Scouts of America, No. 33301A

“Emergency Preparedness Merit Badge Pamphlet”, Boy Scouts of America, No. 33368

Video Tapes

Wilderness First Aid - VHS/30 min -Based on the Wilderness Medical Society & National Safety Council definitive text, Wilderness First Aid: Emergency Care For Remote Locations

Infants and Children First Aid – VHS 26 min - National Safety Council, This video contains essential pediatric first aid topics. It combines dramatic first aid emergencies with an instructional, classroom format. With the help of this video, instructors can effectively teach students how to handle emergency situations involving infants and children.

American Red Cross Emergency Test – VHS 47 min - How you react in an emergency situation after an accident, flood, hurricane, or during a fire may mean the difference between life and death. This video details fires, falls, choking, severe bleeding and jogging, hiking and swimming accidents.
(can be rented see <http://www.cdc.gov/niosh/nasd/video/av02300.html>)

Red Cross Standard First Aid – VHS 120 min - The video used by the Red Cross to teach first aid. It covers rescue breathing, choking, CPR, burns, bleeding and splinting. Does not certify for a Red Cross card without instruction by a Red Cross instructor.

The National Safety Council First Aid Video – VHS 60 min - Contains essential first aid topics. It combines dramatic first aid emergencies with an instructional format to effectively teach the audience how to handle an emergency situation.

OUTDOOR REFERENCE GUIDE

MedEMT – CD Rom – RamEx A multimedia emergency medical training course which was developed to meet and enhance the Department of Transportation's National Standard Curriculum for training EMT-Basics. This 100 hour course features 90 full motion videos and computer animations as well as over 1,500 2D and 3D illustrations, accompanied by text describing all of the skills and procedures required for EMT-Basic training. ISBN 0838563686

OUTDOOR REFERENCE GUIDE

FISHING/HUNTING

Associations

Hunter Education Safety programs – hunter education instructors and state resources indexed by state - <http://members.aol.com/illinewek/hunt-ed/#M>

International Hunter Education Association – safety, knowledge, responsibility and involvement resources - <http://www.ihea.com/index.shtml>

Bowhunting.net – Bow hunting and Archery clubs and organizations links - <http://clubs.bowhunting.net/default.htm>

Hunting Regulations – index of state hunting regulations and DNR contacts - <http://www.whitetaildeer.com/states/index.html>

National Bowhunter Education Foundation – protection of bow hunting rights, hunting education, publications - <http://nbef.org/>

National wild Turkey Federation – conservation of wild turkeys and preserving hunting traditions, events, hunting information, youth programs, etc. - <http://www.nwtf.org/>

Pheasants Forever – conservation of pheasants and habitat improvement, education, programs, habitat information - <http://www.pheasantsforever.org/>

Quail Unlimited – conservation of quail and habitat, events, hunting forecasts, magazine, merchandise, links, etc. - <http://www.qu.org/index.cfm>

Rocky Mountain Elk Foundation – conservation of Elk and their habitat, merchandise, events, contests, permit information, etc. - <http://www.rmef.org/>

Safari Club International – conservation activities - <http://www.safariclub.org/>

GORP Fishing information on fishing activities, equipment, technical articles, club listing, discussion boards, <http://www.anglerworld.com/>

Big-Fish Internet site devoted to the sport of big fishing, bulletin boards, fishing locations, tips and techniques <http://big-fish.com/>

Ducks Unlimited – wetland and waterfowl conservation - <http://www.ducks.org/>

Sportfishing Internet resource list dedicated to rod and reel recreation fishing <http://wmi.caais.com/www/sportfsh/index.html>

Anglers On Line Internet information on fishing, yellow pages, <http://www.streamside.com/index.html>

Carp Fishing Network dedicated to the sport fo carp fishing, equipment, techniques, etc. <http://carp.net/home2.htm>

Saltwater Fishing Internet site devoted to salt water fishing <http://www.wmi.org/saltfish/>

American Sports Fishing Association – education, National Fishing Week, sport and trade shows, links, etc. - <http://www.asafishing.org/>

OUTDOOR REFERENCE GUIDE

The Billfish Foundation – research, education and advocacy for conserving the world's billfish and protecting sport fishing - <http://www.billfish.org/>

Black Bass Foundation – supporting protection and conservation of Black Bass - <http://www.the-fishing-network.com/clubs/bbf/index.html>

Federation of Fly Fishers – A to Z information on fly fishing - <http://www.fedflyfishers.org/sitemap.htm>

US Fish and Wildlife Service – US government agency responsible for conserving the nature of America, Conservation issues, species facts, careers, fishing, permit information, etc. - <http://www.fws.gov/>

International Game Fish Association – Clubs, conservations efforts, merchandise, fishing tournaments, etc. - <http://www.igfa.org/>

National Marine Fisheries – NOAA – marine conservation, educational materials - <http://www.nmfs.gov/>

Trout Unlimited – dedicated to preserving, conserving, protecting and restoring North Americas coldwater fisheries and their watersheds - <http://www.tu.org/>

Wildlife Management Institute – educational organization dedicated to conservation of wildlife and natural resources, publications, outdoors bulletin - <http://www.jwdc.com/wmi/main.html>

National Rifle Association-Advanced hunter education courses and clinics, hunter education materials, clearinghouse for the Hunters for the Hungry Program, youth programs <http://www.nra.org/>

Video Tapes

Sports Afield: Flyfishing – VHS 30 min - Learn the essentials of the sport showcased in "A River Runs Through It," as well-known fly-fishing pros show you how to choose rods, lures and reels; how to select the proper fly; the importance of reading water conditions; and important safety tips.

Fishing Equipment Manufacturers

Abu Garcia manufacturer of rod and reels, product catalog, dealer list, technical information, <http://abugarcia.com/>

Bass Pro Shops Supplier of premium outdoor products product catalog, dealer listing, email newsletter, <http://www.basspro.com/>

Berkley – manufacturers of fishing tackle and line, product catalog, dealer list, technical information - <http://www.powerbait.com/>

Browning – manufacturers of rod, reels and tackle, product catalog, <http://www.browningfishing.com/>

Cortland – manufacturer of fishing line, product catalog, technical information, fishing links rod building information - <http://www.cortlandline.com/>

Daiwa – manufacturer of rods, reels and fishing tackle, product catalog, technical information - <http://www.daiwa.com/>

Diamondback – manufacturer of rods, reels, - product catalog, dealer list, technical information - <http://www.diamondbackflyrods.com/main.htm>

Eagle Claw Manufacturers of fish hooks, lures, product catalog <http://www.eagleClaw.com/home.html>

OUTDOOR REFERENCE GUIDE

Fenwick – manufacturer of casting and spinning rods, product catalog, dealer list, links - <http://www.fenwickfishing.com/>

G. Loomis – manufacturer of fishing rods, product catalog, technical tips and fishing how to, fish stories, dealer list - <http://www.gloomis.com/>

Johnson – manufacturer of reels and lures (also many other outdoor products), catalog, fishing tips, dealers list, tournament and show lists, <http://www.jwa.com/>

Lamiglas – manufacturers of rods, reels, blanks, product catalog, <http://www.lamiglas.com/>

Marado – manufacturer of rods, reels and inflatable boats, product catalog, dealer list, <http://www.marado.com/loadit.htm>

Mitchell – manufacturer of precision reels, catalog, links, fishing tips - <http://www.jwa.com/fishing/mitchell/mitchell.html>

Orvis – Manufacturer of rods, reels, lures, line and fishing accessories, product catalog, dealer and store listing, <http://www.orvis.com/>

Penn – manufacturer of fishing reels, product catalog, fishing tips, dealers list - <http://www.pennreels.com/>

Quantum – manufacturer of reels, product catalog - <http://www.quantumfishing.com/>

Redington – manufacturer of rods, reels, tackle, catalog, dealer list, youth equipment <http://redington.com/>

SAGE – manufacturer of rod, reels and tackle, product catalog, fishing resources, dealer lists, - <http://www.sageflyfish.com/home.html>

Scientific Anglers – manufacturers of line, and fishing accessories, product catalog, fly fishing videos, technical bulletins, fly shop locator - <http://www.3m.com/market/consumer/scianglers/index.html>

Shakespeare – manufacturers of rods, reels and accessories, product catalog, dealer lists, fishing tips, - <http://www.shakespeare-fishing.com/index.html>

Spidercast- manufacturer of reels, product catalog - <http://www.jwa.com/fishing/spidercast/spidercast.html>

St. Croix – manufacturer of fishing rods, product catalog - <http://www.stcroixrods.com/>

STH Fly reels – manufacturers of fishing reels, lines and accessories, product catalog, <http://www.sthreeels.com/>

Stren – Manufacturers of fishing lines, product catalog <http://www.stren.com/STREN/STREN.HTM>

Hunting equipment manufacturers

Beretta – manufacturer of handguns and shotguns, product catalog, dealer locations <http://www.berettausa.com/>

Browning North America – manufacturer of handguns, small bore rifle and shotguns, product catalog, dealer listing <http://www.browning.com/usasplsh.htm>

Feinwerkbau – manufacturer of competition small bore pistols and rifles, product catalog, technical data, accessories http://www.feinwerkbau.de/englisch/home_e.html

OUTDOOR REFERENCE GUIDE

Remington Arms Co. – manufacturer of Remington small bore rifles and shotguns, product information, <http://www.remington.com/>

Ruger Firearms – manufacturer of pistols, small bore rifles and shotguns, product catalog, safety information <http://www.ruger-firearms.com/index.html>

Savage Arms – manufacturer of small bore rifles, product catalog <http://www.savagearms.com/>

U.S. Repeating Arms Co., Inc – manufacturer of Winchester rifles and shotguns, product information <http://www.winchester-guns.com/>

Anglerworld.com – Bass fishing, salt water fishing news, equipment and message boards, technical articles, <http://www.anglerworld.com/>

(see also Shooting Sports references)

Publications

“Basic Hunters Guide”, National Rifle Association

“Whitetail Deer Hunting”, Bill Bynum and Richard P. Smith, National rifle Association

“Bow Hunting”, Carl J Gunzer, Jr., M. R. James and Mike Strandlund, National rifle Association

“Upland Bird Hunting”, Michael Hanback, National Rifle Association

“Waterfowl Hunting”, Jack Jagota, Joseph P. Linduska, Mike Standlund and Don Zuta, National Rifle Association

“Muzzleloader Hunting”, Jeff Murray, Douglas Pifer, and Mike Strandlund, National rifle Association

“Wild Turkey Hunting”, Mike Strandlund and Earl Hower, National Rifle Association

“Western Big Game Hunting”, Mike Strandlund and Jim Zumbo, National Rifle Association

“Placing Hunting in Perspective”, Wildlife Management Institute

“Beyond Fair Chase: The Ethic and Tradition of Hunting”, Jim Posewitz, Falcon Publishing Company, 1994

“Fishing Merit Badge Pamphlet”, Boy Scouts of America, No. 33231

OUTDOOR REFERENCE GUIDE

LAND NAVIGATION

Map & Compass

Silva – manufacturer of altimeters, compasses, GPS receivers and orienteering products, product catalog, technical data <http://www.silva.se/files/products.html>

Brunton Co – manufacturer of compasses, altimeters, pedometers, product catalog, technical information <http://www.brunton.com/>

Suunto – manufacturer of compasses, sunglasses, primus stoves, product catalog, technical data, dealer list <http://www.suuntousa.com/>

How to Use a Compass – Education tutorial on compass work – free use of materials by nonprofit groups <http://www.uio.no/~kjetikj/compass/>

Maptech – manufacturer of topographic terrain and navigation software, and topo map CD roms, product catalog <http://www.maptech.com/index.html> This company produces the maps which are compatible with the Garmin GPS III + receiver.

National Imaging and Mapping Agency maps and geodata, imagery source listings online technical mapping data <http://www.nima.mil/>

A&E Orienteering, Inc – orienteering supplies, compasses, marker, punches. Control cards, etc. product catalog <http://treklite.com/ae/>

Orienteering Course Symbols materials for teaching meaning of standard orienteering course symbols and course card layout <http://www.williams.edu:803/Biology/orienteering/clues.html>

Orienteering Map materials on the unique properties of orienteering maps <http://www.williams.edu:803/Biology/orienteering/map.html>

International Specifications for Orienteering Maps international map requirements for orienteering <http://lazarus.elte.hu/tajfutas/isom/web/ocont.htm>

Philmont Scout Ranch Maps – topographical maps of Philmont Scout Ranch <http://www.philmont.com/Philmont/Maps/index.html>

Terraserver – downloadable space imagery for any United States site <http://terraserver.microsoft.com/>

United States Geodetic Survey (USGS) home page – topographic maps, downloadable DEM and DLG map data sets in standard scales, education materials, downloadable software <http://mapping.usgs.gov/>

USGS Digital Raster graphics maps – DRG format topographic maps and free display software <http://mcmweb.er.usgs.gov/drg/>

MapTools – UTM usage instruction materials, free PDF overlays for topo maps (download), product catalog - <http://www.maptools.com/>

World of Orienteering Orienteering lists, maps, events, software, journals, <http://www.fi.uib.no/~jankoc/worldof/index.html>

Geography, Cartography, Orienteering, GPS etc. <http://geography.about.com/education/geography/>

OUTDOOR REFERENCE GUIDE

Global Positioning System

Eagle Electronics – manufacturer of GPS receivers, sonar system, product guide, dealer listing
<http://www.eaglegps.com/>

Garmin – manufacturer of GPS receivers and reference beacons, product catalog, technical data
<http://www.garmin.com/>

Magelan – manufacturer of GPS receivers, product catalog, technical information, dealer list
<http://www.magellangps.com/>

Trimble – manufacturer of GPS receivers, product catalog, <http://www.trimble.com/index.htm> This site has an excellent on-line tutorial on how the GPS system works.

Global Position System Overview – online tutorial on how GPS works
<http://www.utexas.edu/depts/grg/gcraft/notes/gps/gps.html>

NAVSTAR GPS Operations – the DOD group responsible for GPS implementation and operations, technical data on the GPS system <http://tycho.usno.navy.mil/gpsinfo.html>

Unites State Forest Service GPS page – community base station lists and pointer to other government uses of GPS and receiver testing in wilderness areas <http://www.fs.fed.us/database/gps/>

Unites States Coast Guard Navigation Center – GPS, LORAN, DGPS navigation information
<http://www.navcen.uscg.mil/>

Bushwacker's Guide to the Galaxy – *Navigation without GPS, map or compass* – navigation by sun moon and stars tutorial <http://www.ix.net.au/~als/impnav.htm>

Stars

Celestron – manufacturer of telescopes and accessories, product catalog, technical information, dealer list
<http://www.celestron.com/>

Meade – manufacturer of telescopes, and accessories, product catalog, technical information, dealer list
<http://www.meade.com/>

Orion Telescopes & Binoculars – manufacturer of telescopes, binoculars and accessories, product catalog,
<http://www.telescope.com/interact/default.asp>

Tele Vue Optics – manufacture of telescope, and accessories, product catalog, technical information, and dealer lists <http://televue.com/default.asp>

The Constellations and their Stars – Information on stars, constellations, star lore, the planets, etc.,
<http://www.astro.wisc.edu/~dolan/constellations/>

The Virtual Telescope – Your Sky's interactive virtual telescopes allows you to look at various objects in the sky <http://www.fourmilab.ch/yoursky/#Telescope>

United States Naval Observatory astrometric catalogs, astronomical data, software, almanacs, publications and time services <http://www.usno.navy.mil/>

Your Sky – interactive star chart generator for any location in United States
<http://www.fourmilab.ch/yoursky/>

OUTDOOR REFERENCE GUIDE

Associations

International Orienteering Federation events, publication specifications, national orienteering federations listing, software (very good listing of orienteering related software), etc. (site also has information on ski and mountain bike orienteering) <http://www.orienteering.org/>

Orienteering and Rogaining Home Page very good information on orienteering in the United States, compass training, US Orienteering club locations, event schedules and results, orienteering equipment. <http://www2.aos.princeton.edu/rdslater/orienteering/>

Publications

Astronomy Magazine - monthly magazine dedicated to amateur astronomy, monthly sky charts, technical articles, telescope and accessory dealers advertisements <http://www.kalmbach.com/astro/astronomy.html>

“GPS Made Easy Using Global Positioning Systems in the Outdoors”, Lawrence Letham, The Mountaineers, 1998, ISBN 0-89886-592-1. Good coverage of using GPS receivers in the backcountry

“A Comprehensive Guide to Land Navigation with GPS”, Noel J. Hotchkiss, Alexis USA, 1999, ISBN 1-892688-00-X. An excellent coverage of land navigation with GPS and topographic map (3rd edition include free MAPTECH navigation software on CD Rom) all for under \$25.

“The Users Guide to GPS”, Bonnie Dahl, Richardson’s Marine Publishing, 1993, ISBN 0-932647-12-x Excellent presentation on how GPS works

“GPS Land Navigation”, Michael Ferguson, Glassford Publishing, 1998, ISBN 0-9652202-5-7 Recommended reading for all GPS backcountry users.

“Compass and Map Navigator”, Michael Hodgson, ICS Books, Inc and The Brunton Co, 1997, ISBN 1-57034-043-9 Good explanation on navigation by map and compass

“North Star to Southern Cross”, Will Kyselka and Ray Lanterman, University of Hawaii Press, 1976 ISBN 0-8248-0419-8 pbk An introduction to identifying stars and constellations

“Peterson Field Guide to Stars and Planets”, Jay M. Pasachoff and Donald H. Menzel, Houghton Mifflin Co., 1992, ISBN 0-395-53759-2 (pbk), A field guide to identifying stars, constellations and the planets.

“Peterson First Guides Astronomy”, Jay M Pasachoff, Houghton Mifflin Press, 1988, ISBN 0-395-46790-X, Pocket guide to astronomy, stars and constellations.

Sky & Telescope – monthly magazine dedicated to amateur astronomy, monthly star charts, technical articles, astronomy equipment dealer ads, astronomy tips <http://www.astro.wisc.edu/~dolan/constellations/>

“Native American Astrology The Wisdom of the Four Winds”, Winfried Noe, Sterling Publishing Co, 1997, ISBN 0-8069-4234-7. Native American cosmology, totems and astrology.

“National Audubon Society Pocket Guide to Constellations”, Gary Mechler and Mark Chartrand, Alfred A nopf, 1998, ISBN 0-679-77998-1 Very good constellation identification field guide

“Orienteering”, Boy Scouts of America, No 33439, 1997, ISBN 0-8395-3439-6 An introduction to orienteering

“The Essential Wilderness Navigator”, David Steadman, Ragged Mountain Press, 1995, ISBN 0-07-056323-3 How to find your way in the great outdoors with map and compass.

“Astronomy Merit Badge Pamphlet”, Boy Scouts of America, No. 33303

OUTDOOR REFERENCE GUIDE

“Orienteering Merit Badge Pamphlet”, Boy Scouts of America, No. 33385

“Using GPS”, Bruce Grubbs, Falcon Publishing Co., 1999, ISBN 1-56044-821-0 (pbk) an excellent simplified guide to GPS for outdoor adventurers at a reasonable price.

“Be Expert With Map & Compass”, Bjorn Kjellstrom, Macmillan Publishing Company, 1976, ISBN 0-684-14270-8, the complete guide to map compass and orienteering.

Video Tapes

Finding Your Way In The Wild - VHS - This video takes the viewer into the field to demonstrate land navigation by map & compass: how to go cross-country, how to find out where you are, even what to do if lost.

A Hiker's Guide to GPS (Excellent!) – VHS 25min – (1997), GPS Outfitters, Inc., This video is designed to introduce outdoor adventurers to basic GPS navigation. Includes buyers guide.

Using GPS with Maps (includes map ruler) – VHS 29 min – (1998), GPS Outfitters, Inc, Covers using the GPS receiver, UTM coordinate system, Finding Latitude and Longitude, Understanding coordinate systems, etc.

GPS NAVIGATION: A Guide to Features & Functions, VHS, min, Coastal Marine Video - An In-Depth Guide is the definitive source for new GPR owners and buyers. From how the system works, to detailed instruction on receiver features and functions, to a complete Buyer's Guide and spec sheet on the latest units and their prices

Orienteering from the classroom to the forest – VHS 85 min.

Silva orienteering clinic : Sweden 1987 – VHS 82 min.

Orienteering : film 1. Orienteering and understanding maps = VHS 13 min.

film 2. Basic orienteering skills - VHS 12 min.

film 3 Rough and fine navigation and using a compass –VHS 11 min.

film 4. Choosing and following a route –VHS 15 min.

Software

Astronomy Software – freeware, shareware and public domain software for Windows and McIntosh computers <http://www.physics.sfasu.edu/astro/software.html>

CONDES – MS Windows Software for developing orienteering course control cards, description and download areas <http://www.finn.arildsen.com/>

FlexGPS – free GPS topographic map software, description and download <http://home.t-online.de/home/flexgps/>

GPS waypoint search page – find waypoint lat long from place name <http://www.calcite.rocky.edu/gps/>

OCAD – Orienteering cartography (map making) software commercial and shareware, product catalog <http://www.ocad.com/>

OUTDOOR REFERENCE GUIDE

OziExplorer GPS Mapping Software – excellent shareware GPS mapping software description and download <http://www.calcite.rocky.edu/gps/>

World of Orienteering Control description card generation, orienteering map drawing, orienteering games, screen savers, freeware, commercial and shareware
<http://www.fi.uib.no/~jankoc/worldofo/Software/>

OUTDOOR REFERENCE GUIDE

WILDERNESS LEADERSHIP/EXPEDITION PLANNING

Associations and Organizations

Princeton University Outdoor Action – Trip planning information <http://www.princeton.edu/~oa/>

Publications

“Passport to High Adventure”, Boy Scouts of America, No. 4310 1997 ISBN 0-8395-4310-7
A guidebook to enable the planning and execution of council and unit high adventure treks using “Leave No Trace” techniques.

“The Backpacker’s Field Manual”, Rick Curtis, Three Rivers Press 1998, ISBN 0-517-88783-5 An excellent comprehensive guide to mastering backcountry skills

“The Big Book of Presentation Games”, Edward Scannell and John Newstrom, McGraw Hill 1997 ISBN 0-07-065401-0 (paper) Wake-em-up tricks, ice breakers and other fun stuff

“The Big Book of Teamwork Games”, John Newstrom and Edward Scannell, McGraw Hill 1998 ISBN 0-07-046513-4 (pbk.) Trust building activities, Team spirit exercises and other fun things to do

“Working Together – 55 Team Games”, Lorraine L. Ukens, Jossey-Bass Pfeifer 1997 ISBN 0-7879-0354-X Cooperative games for large and small groups

“Getting Together – Icebreakers and Group Energizers”, Lorraine L Ukens, Jossey-Bass Pfeifer 1997 ISN 0-7879-0355-8 Activities for medium size 10-30 groups

“Outdoor Skills Instruction Team Building”, Boy Scouts of America, No. 33004 1991 ISBN 0-8395-3004-8, Seminar in developing, team work, skills in an outdoor setting.

“Outdoor Leadership Technique, Comon Sense and Self-Confidence”, John Graham, The Mountaineers, 1997, ISBN 0-89886-502-6, The techniques of leadership communication and control in the outdoors

“Tours and Expeditions”, Boy Scouts of America, No 33737A, 1997, ISBN 0-8395-3737-9 Basic of trip planning the BSA way.

“With Jesus on the Scouting Trail”, Walter Dudley Cavert, Abingdon Press, 1951

“When Scouts Worship”, The Bethany Press, 1968

OUTDOOR REFERENCE GUIDE

LIFE SAVING/EMERGENCY PREPAREDNESS

Publications

“Emergency Management Program Helps”, Boy Scouts of America, No. 99-243

“Emergency Response”, American Red Cross, Mosby-Year Book, 1997

“Head Lifeguard”, American Red Cross, Mosby-Year Book, 1995

“Lifeguarding Today”, American Red Cross, Mosby-Year Book, 1995

“Lifesaving Merit Badge Pamphlet”, Boy Scouts of America, No. 33297A

“BSA Lifeguard Counselor Guide”, Boy Scouts of America, No. 34536A, 1999, ISBN 0-8395-4536-3

“Emergency Preparedness Merit Badge Pamphlet”, Boy Scouts of America, No 33368

“Safety Afloat”, Boy Scouts of America, NO 34368A, 1981

“Safety Afloat – Training Outline”, Boy Scouts of America, No. 34159B, 1999

OUTDOOR REFERENCE GUIDE

OUTDOOR LIVING HISTORY

Genealogy

The Church of Jesus Christ of Latter Day Saints – Family history center

http://www.lds.org/site_main_menu/frameset-global-fam_his.html

Genealogy Home Page – genealogy web references form Family Tree Maker – how to information (no purchase necessary to access links) - <http://www.genhomepage.com/>

Genealogy FTP Site - This site contains programs (MAC and PC), and text files related to genealogy - <http://ftp.cac.psu.edu/genealogy/INDEX.html>

Roots Web – Information on how to get started and how to do genealogy research – <http://rootsweb.com/>

Recommended Genealogy Links – Many diverse genealogy links -

<http://www.linkline.com/personal/xymox/links.htm>

Reenactment groups

Mormon trail Reenactment – reenactment of 1847 Mormon Trail - <http://www.mormontrail.net/>

American Revolution War – links and reenactment schedules - <http://www.revwar.com/>

World War II Reenactments – links and information on World War II reenactments -

<http://www.robertsarmory.com/>

World War II Reenactment & Historical Links – Allied and Axis links -

<http://www.anderfront.com/cnslinks.htm>

Civil War Reenactment Groups – Union and confederate reenactment groups -

<http://www.indy.net/~dfrye/CWreenactment.html>

United States Colored Troops in the Civil War – site dedicated to the “colored” troops who served in the Union Army during the Civil War - <http://www.coax.net/people/lwf/data.htm>

Gunfighter Reenactment Groups – links to gunslinger reenactment groups -

<http://www.geocities.com/Nashville/Stage/5930/oro.html>

Good Links to History – historical information links <http://members.aol.com/Muzelader/links.htm>

Spanish Colonial Living History – Living history activities associated with Hispanic history, links, technical data, etc. - <http://www.neta.com/~1stbooks/live.htm>

Reenactors World - Reenactment events from 5000BC to present, links to merchandize, reenactment groups, seminars, costuming, historical information, etc. - <http://www.reenactorsworldplus.com/>

The Brigade of the American Revolution – reenactment group dedicated to recreating the life and times of the common soldier of the Revolutionary War. - <http://www.brigade.org/>

Associations

Old West Living History – information on living history reenactments, links, insurance information, safety rules, etc. - <http://www.oldwest.org/>

OUTDOOR REFERENCE GUIDE

Living History Project – a nonprofit group supporting exploring the ways the past can teach us, project development, story telling, discussion group - <http://www.living-history.org/>

Reenact.net – world-wide, on-line home of historical reenacting around the world, reenactment links, events lists, sorted by historical era - <http://www.reenactor.net/>

ALHFAM – association for living history, farm and agriculture museums, technical how information, publications, living history links by region in the U.S. - <http://www.alhfam.org/>

Navy & Marine Living History Association – promotes education, research and preservation of Americas navy heritage, living history organization links, reference materials - <http://nmlha.org/>

Living History On-line - online source for living history event and reenactment information, articles, book reviews, and more! - <http://www.livinghistoryonline.com/>

Living History Reference Links – link to historical information and reenactments - <http://livinghistory.org/>

Living History Experiences – Access to various living history experiences - <http://livinghistory.com/>

Spirit of 76 Net – Living History parks, reenactment calendar, living history pages specializing in Revolutionary War activities - <http://www.spiritof76.com/>

Living History Search Tool – Internet search specialized in living history related categories - <http://www.saxon.hl.com.au/link/>

History and Reenactment Resources 2000 – Revolutionary War articles, links and reenactment groups - <http://www.mindspring.com/~bretta/index.html>

Living History – Web links to history resources from Department of History, University of California - <http://www.ucr.edu/h-gig/hist-preservation/livin.html>

Today in Black History – Website specializing in black history, resources, living history project, merchandize, discussion group - <http://tibh.com/>

History House – history resources and projects - <http://www.geocities.com/~historyhouse/Home.html>

North-South Skirmish Association, Inc., association of Civil War reenactment groups, competitions, Information, links, sutlers - <http://www.n-ssa.org/>

Society of Creative Anachronism – international organization dedicated to researching and recreating pre – 17th century European history, events, historical information, heraldry, tournaments - <http://www.sca.org/welcome.html>

Virginia Line Association – Revolutionary War reenactment - <http://www.wlu.edu/~valine/>

Living History Association – <http://www.geocities.com/~livinghistory>

Publications

“Genealogy Merit Badge Pamphlet”, Boy Scouts of America, No 33383

“American Cultures Merit Badge Pamphlet”, Boy Scouts of America, No. 33399

“American Heritage Merit Badge Pamphlet”, Boy Scouts of America, No. 33398

OUTDOOR REFERENCE GUIDE

“Archaeology Merit Badge Pamphlet”, Boy Scouts of America, No. 35000

“Indian Lore Merit Badge Pamphlet”, Boy Scouts of America, No. 33360

Audio Visuals

MultiEducator Inc. - manufacturer of multimedia CD rom on American and World history through the ages- <http://www.multieducator.com>

OUTDOOR REFERENCE GUIDE

PHYSICAL FITNESS

Associations

American alliance for Health, Physical Education, Recreation and Dance – <http://www.aahperd.org/>

Principles of physical Fitness - <http://cep.jmu.edu/kin100/lectures/Lec2pri/tsld002.htm>

The Six Dimensions of Wellness -
<http://www.mayfieldpub.com/resources/presentations/health/03041/sld001.htm>

Food Pyramid Guide - <http://www.ganesa.com/food/foodpyramid.html>

Calorie Calculator - <http://www.thriveonline.com/shape/caloriecounter/index.html>

Publications

“Your Childs Fitness: Practical Advice for Parents”, Susan Kalish, Human Kinetics, 1996

“Complete Guide to Youth Fitness”, Margaret Safrit, Human Kinetics, 1995

“Personal Fitness Merit Badge”, Boy Scouts of America, No. 33286

Injury Prevention Web – resources, publications, links etc. <http://www.injurypreventionweb.org/>

National Clearinghouse for Alcohol and Drug Information – research, facts, youth information
<http://www.health.org/>

Video Tapes

Conditioning The Young Athlete –VHS 20 min - This program introduces the coach to the “principles of training” and how to develop a training program that will effectively take the athlete from pre-season through the competitive season...Highlights: The basic principles of conditioning; Importance of “progressive warm-up and cool-down”; Developing a training program for the specific sport; Developing a season-long program...

Prevention and Treatment of Sports Injuries – VHS 23 min - This program examines the roles of the coach in the prevention of injuries, basic first aid for common athletic injuries, and guidelines for proper rehabilitation of injuries...Highlights: Guidelines to the prevention of injuries; How to set-up emergency procedures; Common athletic injuries and treatment; The role of ice and heat in treating injuries; Guidelines to returning an athlete to competition.

Teaching Sports Skills To Young Athletes – VHS 20 min - This program gives coaches the basic guidelines for the planning and conducting of efficient practices and for how to effectively teach sports skills to the young athlete...Highlights: Setting goals for the season; Basic principles for conducting effective practices; The major steps in the teaching of a sport skill; How to break down a complex skill.

OUTDOOR REFERENCE GUIDE

SHOOTING SPORTS

There are many fine distributors of shooting sports equipment. The listings provided here are only for the major manufacturers of shooting sports equipment and accessories. Each manufacturer usually provides a list of their dealers on their, world wide web, site. Where ever possible the companies website is provided. When a web site is provided it contains all mailing and other contact information, so it is not repeated here.

AIRGUNS - MANUFACTURERS

Anics – manufacturer of CO₂ pistols <http://www1.infinet.com/~anics/index.html>

Anschutz - Competition air rifle and pistol manufacturers
<http://www.championshooters.com/2002jbig.htm>

Beeman Precision Airguns – air rifle and pistol manufacturer (Beeman, Feinwerkbau, Webley, Norica and Weihrauch guns) and information Air gun history, Gun Catalog, Safety information, technical information, type of airguns, dealer list <http://www.beeman.com/>

BSA – Precision air pistols and rifles, product catalog <http://www.precision-sales.com/bsa/index.htm>

Crosman Arms – air rifle & air pistol (Copperhead, Crosman, Benjamin Sheridan and Sheridan) information, Gun catalog, shooting programs, gun safety, shooting events, dealer list,
<http://www.crosman.com/>

Daisy – air rifle & pistol information, gun catalog, air gun history, shooting programs, dealer list
<http://www.daisy.com/>

Daystate Ltd – manufacture of target air rifle and accessories <http://www.daystate.co.uk/>

Dynamit Nobel RWS Inc. – air rifle & air pistol, small bore cartridges, gun catalog, air gun maintenance, dealer list <http://www.dnrws.com/>

Feinwerkbau – manufacturer of air pistols and rifles, product catalog, technical data, accessories
http://www.feinwerkbau.de/englisch/home_e.html

Gamo USA – air rifle & air pistol manufacturer and information Gun catalog, safety information, air gun links, dealer list

Hammerli – manufacturer of precision target air pistols and rifles, product catalog
<http://www.hammerli.com/product.htm>

Savage Arms – manufacturer of air rifles, product catalog <http://www.savagearms.com/>

Smith & Wesson – manufacturer of air pistols, product catalog, safety information, dealer list,
<http://www.smith-wesson.com/>

Webley & Scott – manufacturer of air pistols and rifles, product catalog
<http://webley.acris.co.uk/index.html>

OUTDOOR REFERENCE GUIDE

ARCHERY

Blackwidow – manufacturer of custom recurve bows and accessories, product catalog, demo products
<http://www.blackwidowbows.com/>

Bowmen.com Internet website dedicated to archery shooting sport <http://www.bowmen.com/>

Browning North America – manufacturer of compound bows and accessories, catalog and dealer listings
<http://www.browning.com/usasplsh.htm>

Hoyt USA – manufacturer of compound and recurve bows and accessories, product catalog, dealer listing, bow tuning and shooting technical information <http://www.hoytusa.com/products/index.html>

The National Archery Association – National Governing Body for U.S. Olympic Archery
<http://www.USArchery.org/naapub/index.htm>

North American Archery Group (Jennings, Bear, Buckmaster, Fred Bear, Brave, Golden Eagle and Satellite) – manufacturers of bow and archery accessories. <http://www.fulldraw.net/>

Saunders Archery USA – manufacturer of archery accessories, catalog <http://www.sausa.com/>

MUZZELLOADER/BLACK POWDER

Dixie Gun Works – manufacturer of black powder guns, shooting supplies and antique gun parts, catalog
<http://www.dixiegun.com/>

Knight – manufacturer of muzzle loading rifles, product catalog, dealer list <http://www.knightrifles.com/>

Muzzleloading Technologies – manufacturers of muzzle loading rifles and bullets, product catalog
<http://www.mtimuzzleloading.com/>

Ruger Firearms – manufacturer of black powder rifles, catalog <http://www.ruger-firearms.com/index.html>

Thompson/Center Arms – manufacturers of muzzle loading rifles, product catalog
<http://www.tcarms.com/>

SMALL BORE RIFLE/SHOTGUN – Manufacturers

Beretta – manufacturer of handguns and shotguns, product catalog, dealer locations
<http://www.berettausa.com/>

Browning North America – manufacturer of handguns, small bore rifle and shotguns, product catalog, dealer listing <http://www.browning.com/usasplsh.htm>

Feinwerkbau – manufacturer of competition small bore pistols and rifles, product catalog, technical data, accessories http://www.feinwerkbau.de/englisch/home_e.html

Hammerli – manufacture of precision target pistols and rifles, product catalog
<http://www.hammerli.com/product.htm>

Remington Arms Co. - manufacturer of small bore rifles and shotguns, product information,
<http://www.remington.com/>

Ruger Firearms – manufacturer of pistols, small bore rifles and shotguns, product catalog, safety information <http://www.ruger-firearms.com/index.html>

OUTDOOR REFERENCE GUIDE

Savage Arms – manufacturer of small bore rifles, product catalog <http://www.savagearms.com/>

U.S. Repeating Arms Co., Inc – manufacturer of Winchester rifles and shotguns, product information <http://www.winchester-guns.com/>

Ammunition

Alliant Powder – manufacturers of cartridge powders, product catalog, reloading data and information <http://www.alliantpowder.com/>

Eley - Competition rimfire small bore ammunition <http://www.eley.co.uk/>

Federal Cartridge Co. – Small bore ammunition, product catalog, ballistic tables, product specifications <http://www.federalcartridge.com/>

Fiocchi USA – manufacturers of small arms ammunition <http://www.fiocchiusa.com/>

Hodgdon Pyrodex – muzzle loading/black powder manufacturer <http://www.pyrodex.com/>

Remington Arms Co. – Manufacturer of small bore ammunition and shotgun shells, product catalog <http://www.remington.com/AMMO/AMMOFR.HTM>

Winchester Ammunition – Manufacturer of small bore ammunition and shotgun shells, reloading information, shooting locations, dealer list <http://www.winchester.com/>

Accessories

B Square - Scope mounts and tools <http://www.b-square.com/index1.htm>

BKL – Scope mounts, product catalog <http://www.bkltech.com/>

Leupold – manufacturer of scopes, product catalog, technical data <http://www.leupold.com/>

Nikon – manufacturer of rifle and finder scope, binoculars, product catalog <http://www.nikonusa.com/>

Oehler Research Inc. manufacturers of chronographs <http://www.oehler-research.com/>

Shooting Chrony Inc – manufacturers of chronographs <http://www.pathcom.com/~chrony/>

Target Timers – manufactures of, rapid fire, timers <http://www.targettimers.com/>

White Flyer – manufacturer of skeet and sporting clay targets <http://www.whiteflyer.com/>

Activities

For information on qualifying for training camp at the **Olympic Training Center**, write to:

Director of Shooter Development
U.S. Olympic Shooting Center
One Olympic Plaza
Colorado Springs, CO 80916

To learn how to qualify for the **President's Council on Physical Fitness** rifle awards, write to:

Presidential Sports Awards
P.O. Box 86207
Indianapolis, IN 46268-0207

OUTDOOR REFERENCE GUIDE

Where to Shoot – online search for places to shoot and hunt, fact sheets on shooting sports
<http://www.wheretoshoot.org/>

For information on conducting a shooting sports camp including the Marksmanship Qualifications Program, write to:

NRA Youth Programs Department
11250 Waples Mill Road
Fairfax, VA 22030
or by E-mail at youth_programs@nrahq.org

State by State Listing of Shotgun Sports ranges - <http://www.shotgunsports.com/clayguid.htm>

Gunindex.com – the complete internet firearms and trade index <http://www.gunindex.com/>

Associations

Amateur Trap Shooting Association – competitions <http://www.shootata.com/ATAHome.cfm>

American Airgun Field Target Association - field target match information
<http://www.airguns.net/aafta/aafta.html>

Civilian Marksmanship Program – DOD civilian marksmanship program, competitions, ammunition, rifles <http://www.odcmp.com/>

National Archery Association (National Governing Board Archery – USOC) training, tournaments, Olympic qualification trials <http://www.USArchery.org/naapub/index.htm>

National Association of Shooting sports Athletes – Coaching, training, postal matches
<http://www.nassa.org/>

National Bench Rest Shooter's Association – Information on accurate components, services, accessories and services for the precision shooter <http://www.benchrest.com/>

National Field Archery Association – tournaments and training <http://www.nfaa-archery.org/>

National Muzzle Loading Rifle Association – promotes black powder shooting, events, historical re-enactments <http://www.nmlra.org/>

National Rifle Association-firearm instructors, range safety officers, shooting safety training, youth shooting programs, grant funding, shooting literature and materials <http://www.nra.org/>

National Skeet Shooting Association – instruction, clubs, shooting events <http://www.nssa-nasca.com/nssa/index.htm>

National Sporting Clays Association – instruction, shooting events, clubs <http://www.nssa-nasca.com/nsca/index.html>

NRA Whittington Center – Outdoor shooting center, ranges, competitive events
<http://www.raton.com/~nrawc/index.htm>

National Shooting Sports Foundation – promotes hunting and target shooting sports – where to shoot, on line reference library <http://www.nssf.org/>

OUTDOOR REFERENCE GUIDE

United States Biathlon Association – The national governing body for the sport of biathlon, information and events <http://www.usbiathlon.org/>

United States Practical Shooting Association – competitive events <http://www.uspsa.org/>

USA Shooting – Official site of the U.S Olympics Shooting Team – <http://www.usashooting.com/>

Women's Shooting Sports Foundation – promotes women's shooting sports, shooting clinics and instructors <http://www.wssf.org/>

National Muzzle Loading Rifle Association – events, links, technical information, etc.
<http://www.nmlra.org/>

Video Tapes

Archery: The Basics – VHS min - All archery starts with basic form. Ruth Rowe, 1984 Olympian & now coach, demonstrates the basics in 4 lessons. Can be used by individuals or groups. Following each lesson is a segment detailing what you've seen. Covers: body position, the bow, drawing, anchoring, finishing, stringing & setting up.

Bull's Eye Archery – VHS 50 min - Learn archery from the man who coached the 1980 U.S. Olympic Archery Team, Dwight Nyquist. He shows various bows & arrows used. Nyquist explains the proper stance, loading the bow, arm action, string arm action, anchoring, aiming, release & follow-through. 50 Min

Muzzle Loading Basics – VHS 80 min.

Family Field Shooting SPCW Herbert – VHS 30 min. - A Great new shotgun instructional video. Simplistic yet enjoyable. From new shooters to tips on improving shots for hunters and sporting clays.

Fundamentals of Small Arms – VHS 41 min. - Basics. Military training tape on basics of firearms operation. Great demonstration on how firearms work

Sporting Clays Develop Your Own Style Fisher – VHS 90 min. Excellent!

Publications

"Air Guns A Guide to Air Pistols and Rifles", National Rifle Association, 1991, ISBN 09170-6-96
An introduction to the sport of air pistol and air rifle marksmanship.

"Airgun Digest", J. I. Galan, DBI Books, Inc., 1995, ISBN 0-87349-154-8
Airgun test reports, competition activities, Technical articles on air rifle and pistols

Bow International Magazine – Subscription information <http://www.bownet.com/>
The Airgun Letter – monthly newsletter devoted to all aspects of airgunning <http://www.airgunletter.com/>

Bowhunter Magazine – bimonthly magazine dedicated to bow hunting <http://www.bowhunter.com/>

The Blackpowder Journal – electronic magazine for Black Powder enthusiast (no cost)
<http://www.blackpowderjournal.com/>

Sporting Clays Magazine – magazine dedicated to the sporting clays shooting sport
<http://sportingclays.net/>

U.S. Airgun - bimonthly magazine covering various aspects of airgunning in the United States
<http://www.usairgun.com/>

OUTDOOR REFERENCE GUIDE

“Archery Merit Badge Pamphlet”, Boy Scouts of America, No. 33259

“Rifle Shooting Merit Badge”, Boy Scouts of America, No. 33330

“Shotgun Shooting Merit Badge Pamphlet”, Boy Scouts of America, No. 33331

Software

ShootCompute – Free sporting clays tournament software <http://shotgunsports.com/shootcompute/>

Sight In Systems, Inc – On Target Software – ballistics software and technical information
<http://www.sightin.com/>

Ballistics Software and links – Exterior ballistics software, tables and links
<http://www.snipercountry.com/ballistics/index.html>

OUTDOOR REFERENCE GUIDE

SURVIVAL/EMERGENCY SEARCH AND RESCUE

Associations

American Rescue

Equipped TO Survive – Outdoor gear, survival equipment, and survival techniques website, equipment evaluations, equipment lists, publications, training, on-line survival manual, survival and ESAR links, <http://www.equipped.com/home.htm>

AIRCAV – on-line survival manual <http://www.aircav.com/survival/asurtoc.html>

Federal Emergency Management Agency – Disaster preparedness training, exercises, publications and information, <http://www.fema.gov/>

Mountain Rescue Association – mountain rescuer resources, events, membership <http://www.mra.org/>

American Red Cross – Emergency preparedness, disaster planning
<http://www.redcross.org/disaster/safety/displan.html>

Individual and Family Neighborhood Preparedness Workbook
<http://disaster.cprost.sfu.ca/~pep/neighbourhood/>

Desert USA – Tips and techniques for desert survival
<http://www.desertusa.com/mag99/mar/stories/desertsur.html>

The Wild Herb Kitchen – recipes for a variety of domesticated and wild plants
<http://memberpage.women.com/food/kanawa/target.html>

Mountain Rescue Association – mountain rescue resources <http://www.mra.org/>

Swiftwater Rescue Training – Los Vegas Metropolitan Police swiftwater training
<http://www.lvmpdsar.com/swftwtr.html>

Publications

“Outdoor Skills Instruction Survival”, Boy Scouts of America, No 33029 1991
ISBN 0-8395-3029-3, Seminar on map and compass, survival shelters and survival food

“Tom Brown’s Field Guide to Wilderness Survival”, Tom Brown and Brandt Morgan, Berkley Books, 1983 Basic principles and techniques of surviving in the wilderness.

“Peterson’s Field Guide to Edible Wild Plants”, Lee Allen Peterson, Houghton Mifflin Co, 1977, ISBN 0-395-31870-X (pbk) A field guide to the identification and use of edible wild plants.

“How to Stay Alive in the Woods”, Bradford Angier, Fireside, 1984, ISBN 0-684-83101-5 A good basic book on how to survive in the wilderness – without equipment.

“Edible Wild Plants”, Oliver Perry Medsger, Collier Books, 1966, ISBN 0-02-080910-7
Authoritative, guide to identification and preparation of North American edible wild plants.

“The Basic Essentials of Edible Wild Plants and Useful Herbs”, Jim Meuninck, ICS Books, Inc., 1988, ISBN 0-934802-41-6 How to identify and prepare Edible Plants

OUTDOOR REFERENCE GUIDE

“Pocket Weather Forecaster”, Weaher Trends Inc., 1974, Easy to use guide for weather prediction 12 to 36 hours in advance (season and region specific)

“The Basic essentials of Weather Forecasting”, Michael Hodgson, ICS Books, 1992, ISBN 0-934802-75-0, Basic explanation of weather forecasting in the field.

“Weather Merit Badge Pamphlet”, Boy Scouts of America, No. 33274

“Wilderness Survival Merit Badge Pamphlet”, Boy Scouts of America, No. 33265

Video Tapes

Edible Wild Plants reference materials, instruction manuals and instruction videos **“Dining on the Wilds Video”** Set (includes **“Dining on the Wilds Reference Manual”** and **“Wild Plants to Eat Workbook”**)
<http://www.galaxymall.com/outdoors/wilderness/index.html>

OUTDOOR REFERENCE GUIDE

WATER ACTIVITIES/SCUBA

Manufactures

Ainsworth – manufacturer of canoe and kayak paddles, product catalog, technical data
<http://www.ainsworthpaddles.com/products.html>

Canoe & Kayak – links <http://www.canoe kayak.com/links/links.htm>

Carlisle – manufacturer of paddles, oars and accessories, product catalog <http://www.carlislepaddles.com/>

Coleman – manufacturer of punts, canoes and other outdoor equipment, catalog, technical information
<http://www.coleman.com/>

Mad River Canoe – manufacturer of canoes and accessories, catalog, dealer list
<http://madrivercanoe.com/mrc/welcome.htm>

Mohawk Canoes – manufacturers of canoes, product catalog <http://www.mohawkanoes.com/>

Necky Kayaks – manufacturer of kayaks, product catalog, technical information, dealer list
<http://www.necky.com/>

Ocean Kayak – manufacturer of kayaks, product catalog, dealer links <http://www.oceankayak.com/>

Old Town Canoe – manufacturer of canoes, kayaks and accessories, catalog, technical information
<http://www.otccanoe.com/>

Perception Kayaks/Dagger – manufacturers of kayaks and accessories, product catalog
<http://www.kayaker.com/>

Professional Paddle Sports Association – canoeing, kayaking, rafting, tubing – rentals, sales, lessons and instruction <http://www.propaddle.com/>

TAPS – paddle sports industry trade association, equipment manufacturer lists, events, guides,
<http://www.gopaddle.org/>

Voyager Canoe – manufacturer of dragon boats and canoes, product catalog
<http://www.voyageurcanoe.com/>

Wenonah Canoes – manufacturers of canoes, kayaks and accessories, product catalog, technical information, dealers list <http://www.wenonah.com/>

Wilderness systems – manufacturer of kayaks, product catalog <http://www.wildsys.com/>

Yakima – manufacturers of car boat and bike carriers, product catalog, dealer list <http://www.yakima.com/>

Lightning Paddle – manufacturer of paddles, catalog, dealer list, beginners guide to canoeing and kayaking, links and more <http://www.paddles.com/index.html>

Associations

American Canoe Association – Gear information, paddling tips and skills, paddling sites,
<http://www.acanet.org/acanet.htm>

OUTDOOR REFERENCE GUIDE

Appalachian Mountain Club – Canoeing and Kayaking resources, publications, events, http://www.amc-ny.org/rec_actv/canoe.html

American Whitewater Affiliation – river permit information, put in locations, etc <http://www.awa.org/>

NAUI – diving instruction, events, dive centers, <http://www.nauui.org/index-side.html>

PADI – professional diving instructors, dive centers, recreational facilities and events <http://www.padi.com/> (note the open water PADI course is a part of the Ranger SCUBA elective)

SCUBA Diving Explained – Technical information on SCUBA <http://www.mtsinai.org/pulmonary/books/scuba/frames.htm>

Where to Rent Canoes & Kayaks (NE U.S.)
http://www.amc-ny.org/rec_actv/canoe/liverys/liverys.html

US Canoe/Kayak – US Olympic Governing Body for Canoeing and Kayaking
<http://www.usacanoekayak.org/>

Wooden Canoe Heritage Association, Inc – dedicated to repair and restoration of wooden canoes
<http://www.wcha.org/index.html>

YMCA – SCUBA and swimming instruction - <http://www.ymcascuba.org/>

U.S. Coast Guard – extensive boating safety site – <http://www.uscgboating.org/>

Florida Sea Base, PO Box 1906, Islamorada, FL 33036-1906 -

Online Boating Safety Course - <http://www.boatsafe.com/nauticalknowhow/boating/index.htm>

Coastal Canoeists – Safety Code of the American Whitewater Affiliation - <http://www.moonstar.com/%7Ecoastals/awascode.htm>

United States Sailing Association – US Olympic governing body for sailing – trainings, events, information <http://www.ussailing.org/>

Publications

“**Outdoor Skills Instruction Aquatics**”, Boy Scouts of America, No 33026 1992
ISBN 0-8395-3026-0 Seminar to teach canoeing and kayaking

“**AMC Whitewater Handbook**”, Bruce Lessels, Appalachian Mountain Club Books, 1994, ISBN 1-878239-01-5 An all in one guide to whitewater paddling which combines both canoe and kayak techniques.

“**Paddle to Perfection**”, Aquatics Unlimited, Inc., 1994, ISBN 1-883085-06-3 Canoeing quick reference guide.

“**Sea Scout Manual**”, Boy Scouts of America, No. 33239B, 2000 ISBN 0-8395-3239-3, Excellent training material on rope work, small boat handling, etc.

“**The Sailor’s Handbook**”, Helsey C. Herreshoff, Little, Brown and Co., 1983, ISBN 0-316-54693-3
The Essential Sailing Manual

“**The Yachtsman’s Pocket Almanac**”, Nicholas Dent, Simon and Schuster, 1981, ISBN 0-671-25512-6,

OUTDOOR REFERENCE GUIDE

A source of reference on all aspects of cruising under sail or power.

“Paddle America”, Nick Shears, Starfish Press, 1993, ISBN 0-9622806-6-6, A guide to trips and outfitters in all 50 states.

“Scuba Diving first Aid”, National Safety Council, Jones & Bartlett Publishers, 1996

“Aqua Expeditions: A Global Travel Guide for the Scuba Diver and Snorkeler”, Heathcoat Publishing, 1995

“Scuba Diving”, Dennis Graver, Human Kinetics, 1993

“Canoeing: A Beginners Guide to the Kayak”, Nigel Foster, State Mutual Book & Periodic Service, Ltd, 1990

“Basic Sailing”, M. B. George, William Morrow & CO., 1984

“The Boating Bible: An Essential Handbook for Every Sailor”, Jim Murrant, Sheridan House, Inc., 1991

“The Animated Manual of Intermediate and Advanced Whitewater Technique”, William Nealy, Menasha Ridge Press, 1997

“The Basic Essentials of Canoe Paddling”, Harry N. Roberts and Thomas Todd, ICS Books, 1992

“Boardsailing: A Beginners Manual”, Charles Wand-Tetley and John Heath, State Mutual Book & Periodic service, Ltd, 1994

“Swimming Merit Badge Pamphlet”, Boy Scouts of America, No. 33352B

“Canoeing Merit Badge Pamphlet”, Boy Scouts of America, No. 33305A

“Motorboating Merit Badge Pamphlet”, Boy Scouts of America, No 33345

“Rowing Merit Badge Pamphlet”, Boy Scouts of America, No. 33404A

“Waterskiing Merit Badge Pamphlet”, Boy Scouts of America, No. 33348

“Whitewater Merit Badge Pamphlet”, Boy Scouts of America, No 33405A

“Safety Afloat – Training Outline”, Boy Scouts of America, No 34159B

“BSA Lifeguard Counselor Guide”, Boy Scouts of America, No 34536A, 1999, ISBN 0-8395-4536-3

“Safety Afloat”, Boy Scouts of America, No. 34368A, 1981

“Federal Requirements and Safety Tips for Recreational Boats”, 9/98, U.S Coast Guard Office of Boating Safety

“Think Safe Choose the Right Personal Flotation Device (PFD)” Mustang Survival. This manual is supplied with a new PFD.

OUTDOOR REFERENCE GUIDE

Video Tapes

Essential Boat Control - VHS 58 min - Created for the intermediate to expert paddler, this is a thick, meaty video you can sink your paddle blades into. Tom DeCuir takes you from balance, navigation & timing, & flows into boofing drops, linking moves & river strategy.

From Here To There-- Canoe Basics, VHS 50 min - For novice through intermediate canoe paddler. Features strokes progression on the lake including stroke combinations. Strokes are then applied on the river with an in-depth presentation of eddy turn

Grace Under Pressure-- Learning Kayak Roll VHS 47 min - This informative, yet highly entertaining video has top whitewater instructors demonstrating step-by-step the paddle roll, including a 5-minute loop translating the lesson to real action! They also reveal the secret to the handroll, hints on learning the offside, and tips on bracing. Good video for the novice as well as the instructor

Heads Up! River Rescue For River Runners VHS 29 min - Serious, sometimes funny, always entertaining look at how river runners get into & out of trouble. Rescue experts present a wide range of rescue techniques with real-life accident footage

In The Surf! VHS 60 min - For sea kayakers & whitewater kayakers. Demonstrates & explains wave evaluation, takeoffs, & advanced rudder techniques, teaches basic thru advanced surfing maneuvers & addresses surf zone etiquette. Entertaining footage of some awesome kayak surfing rounds out the show.

Kayak 101-- Mastering The Basics VHS 45 min - Created by the same folks who gave us Grace Under Pressure (our#TTU080), this video gives an in-depth look at the basic skills required for mastering whitewater kayaking. Strokes, basic maneuvers, water reading skills are made crystal clear

The Kayaker's Edge - Kent Ford VHS 44 min - World champ Kent Ford & other great paddlers demonstrate the techniques of smooth surfing & easy playing: advanced strokes, bracing, slow motion underwater shots of rolling. Filmed on American, Animas, Gauley, Merced, Ocoee, Russell Fork

Kayaking Basics - Greg Barton VHS 30 min - Olympic gold medal winner Barton shows the techniques needed to get started in river or ocean kayaking: forward, reverse and turn strokes; bracing; adjusting to wind, currents and tides; rescue tips;etc

Let's Get Wet! Essentials Of Whitewater Rafting VHS 45 min - Fast-paced, informative video provides novices with necessary techniques to row & paddle down class I, II & III whitewater. Includes detailed instruction combined with humorous antics & footage of the world's most exciting rivers

Performance Sea Kayaking VHS 58 min - The basics of kayak touring are demonstrated & explained by some of the best paddlers & instructors in the world. Important elements of paddling strokes, rescues, & trip preparation

Sea Kayaking--Getting Started – VHS 84 min - Everything one needs to know to get started sea kayaking is included in a simple easy to understand, visual manner. World class instructor, Ed Gillet, famous for his solo kayak crossing from Monterey, CA to Maui, HI, says: "It's the best instructional video for beginning sea kayakers that I've seen!"

Surf Kayaking Fundamentals - John Lull VHS 20 min - Explores what it takes to handle a kayak safely in the surf zone. Covers equipment, paddling skills, types of waves, launching & landing, broaching & surfing technique. Both sea & surf kayaks are shown.

What Now? Sea Kayak Rescue Techniques VHS 18 min - This short but worthy video is an intro to sea kayak safety. It explains safety gear, shows several techniques for self-and aided rescue. Good intro, to be

OUTDOOR REFERENCE GUIDE

supplemented with professional on-water instruction. Authors are ACA-certified instructors & Maine guides

Whitewater Self Defense - VHS 65 min - Helps paddlers avoid trouble & deal with unexpected problems. Emphasis is on everyday river safety & rescue, including fundamental skills every intermediate recreational whitewater kayaker should know

Learn To Sail – VHS 100 min A complete basic-to-intermediate sailing course. Aboard a 27 foot Soling, they learn all of the language, tips and techniques that will make you a seasoned sailor in no time.

PADI Open Water Diving Video – VHS (Closed captioned) - You can view these materials at home, at your own pace and then meet with an instructor for further assistance.

OUTDOOR REFERENCE GUIDE

WINTER ACTIVITIES

Associations

Snow link – 800 links to snow sports, tips, clubs, product information, resorts lists, etc - <http://www.snowlink.com/>

United States Biathlon Association – U.S. Olympics Governing Body for Biathlon, events, equipment, sponsors, technical information - <http://www.usbiathlon.com/>

United States Bobsled and Skeleton Federation – U.S. Olympics Governing Body for bobsled and skeleton, events, links, team information - <http://www.usabobsledandskeleton.org/index3.htm>

United States Figure Skating Association - U.S. Olympic Governing body for figure skating, clubs, events, merchandise, links - <http://www.usfsa.org/>

United States Ski and Snowboard Association – U.S. Olympic Governing Body for skiing and snowboarding, merchandise, links, events, etc - <http://www.uskiteam.com/>

Ski Central – technical articles, resort listings, equipment listings, etc. - <http://skicentral.com/tuning.html>

Manufacturers

Atomic – manufacturer of skis, product catalog, dealer list - <http://www.atomic.at/>

Elan – manufacturer of skis and snowboard, product catalog, dealer list, technical data - <http://www.elanskis.com/1999-2000/index.html>

K2 – manufacturer of skis, product catalog, sizing wizard, dealer list - http://www.k2ski.com/low_home.html

Gates Gloves – manufacturer of ski gloves, product catalog, dealer list, technical information - <http://www.gatesgloves.com/>

Head – manufacturer of ski and boots, product catalog, technical data - <http://www.head-sport.com/>

Lowe Alpine – manufacturer of packs and apparel, product catalog, dealer list, magazine - http://www.lowealpine.com/3/home/fr_hm_l.htm

Microski – manufacturer of skiboards, catalog, specifications - <http://www.microski.com/>

Nordic – manufacturer of ski accessories, product catalog, newsletter, - <http://www.nordicequipment.com/>

Olin Skis – manufacturer of high tech skis, product catalog, technical information, dealer list, - <http://www.olinskis.com/>

Powder Wings – manufacturer of compactable snowshoes, product catalog, technical information, - <http://www.powderwings.com/>

Rossignol – manufacturers of skis, product catalog, dealer list - http://www.rossignolskico.com/index_pc_detect.html

Spiralkut – manufacturer of repair and maintenance tools for skis and snowboards, product catalog, links - <http://store1130.theearth.net/files/consumer.html>

OUTDOOR REFERENCE GUIDE

TUBBS Snowshoes – manufacturer of snowshoes, product catalog, technical data, links, events, dealers list - <http://www.tubbsnowshoes.com/>

Test Pilot – manufactures of accessories and tools of skis and snowboarding, product catalog, dealer lists - <http://www.test-pilot.com/>

SWIX – manufacturer of ski poles , waxes, ski apparel, product catalog, technical data, - <http://www.swixsport.com/welcome.shtml>

Publications

Snow Tech Magazine – Snowmobiling sled and rider magazine - <http://www.snowtechmagazine.com/>

SkiMaps – ski resort information, trail maps, forums, equipment, magazine – <http://www.skimaps.com/>

“Complete Winter Sports Safety Manual: Staying Safe & Warm Snowshoeing, Skiing, Snowboarding, Snowmobiling, & Camping”, Bern Dreissman, Falcon Publishing Company, 1997

“Beginning Snowboarding”, Julie Jensen, Jon Lurie and Jimmy Clark, Lerner Publications Company, 1995

“Encyclopedia of Figure Skating”, John W. Malone, Facts on File Publications, 1998

“The Basic Essentials of Snowboarding”, John McMullen, ICS Books, 1991

“The Basic Essentials of Alpine Skiing”, Carol Poster, ICS Books, 1993

“Skiing: Step by Step to Success”, Rob Richfield and Anna Marie Bruechert, Crowood Press, 1993

“Snowboarder’s Startup! A Beginners Guide to Snowboarding”, Doug Werner, Pathfinder, 1993

“Alpine Skiing: Steps to Success”, John Yacenda, Human Kinetics, 1991

“Skiing Merit Badge Pamphlet”, Boy Scouts of America, No 33365A

Video Tapes

Avalanche Awareness, Betsy & Knox Armstrong & Williams VSH 30 min - Avalanche safety basics from internationally-known experts; live footage, interviews and computer animation cover effects of terrain, snowpack,

Avalanche VHS 90 min (2-tape set) - Surviving in avalanche country requires a complex mixture of physical science, backcountry skills & common sense. This video uncovers the secrets, thrills & devastating forces that lie hidden in winter's domain to help backcountry recreationists avoid avalanche dangers

How To Snowboard – VHS 60 min - Beginner's guide to safe snowboarding. Take a private video lesson with "Paco," most sought after snowboarding instructor in the world

The Telemark Movie – VHS 70 min - This how-to video won Ski Tech magazine's highest effectiveness rating; said "worth 5 year's of trial & error;" produced by No. American Telemark Org. (NATO)

Wilderness Adventures—Dog Sledding VHS 35 min - Venture on a dog sledding trip in the summer on a 7000' snow glacier. Learn how & why this ancient form of transportation is still in use today

OUTDOOR REFERENCE GUIDE

Dial Tune: The Complete Snowboard Tuning and Maintenance Guide Video – VHS 50 min -

This The video is broken down into six segments that clearly shows you how to and with what tools towax and sharpen the edges, delamination repair, and P-tex. Also included is information on how to choose the correct binding, boot, and board for different styles of riding.

OUTDOOR REFERENCE GUIDE

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